

A List - 'Awesome Teacher'

Healthy Playing

Love
Flow
Movable
Acceptance
Trust & Momentum
Glass full
Positive Expectations
Self Confidence
Something to offer
Communication/Meaning
Relaxed/Energy flows thru body
Proactive
Focus is on the Solution
Focus of attention on concept ahead
Focus on the music (EAR)
Patience
LETTING it happen
Gratitude

B List - 'Bad Teacher'

Unhealthy Playing

Fear
Isometric
Stuck
Judgment
Checking
Glass ½ empty
Negative Expectations
Self-Consciousness
Something to prove
Perfection and execution
Tension
Reactive
Focus is on the Problem
Focus of attention on sensory feedback
Focus on playing instrument (mechanics)
Impatience
TRYING to MAKE it happen
Distance/Disconnected