

Who Am I — Example A (Fictional): MM Opera Student (female)

Part 2 — Natural Categories (samples)

- Relationships — oldest of three • reliable friend • snack■bringer
- Roles — MM student • mezzo (low tessitura) • occasional section leader
- Things I Like — morning walks • actionable notes • night score■marking
- Things I Don't Like — vague notes • wasting time • noisy warmups
- Strengths / Skills — steady in crisis • organized • text■first focus
- Habits / Quirks — careful with money • early warmup • snacks in bag
- Fears / Worries — disappointing mentors • over■prepping then tiring out
- Values / What matters — honesty • effort • growth > perfection

Part 3 — Three Pivotal Moments (one shown)

Cover■to■Lead (24h notice)

- Before: panic■prep, cut sleep.
- Event: moved to lead overnight; used short checklist + bedtime.
- After: calmer, clearer choices.
- What changed: replaced panic■prep with calm■prep.

Part 4 — Right Now & Conditions

- Summary: "Right now, I'm someone who chooses calm prep over panic."
- Helps (3): 8h sleep • 15■min mark■then■sing • one testable note.
- Gets in my way (3): vague feedback • noisy spaces • time anxiety.

Part 5 — Situational Flex (two of three shown)

Rehearsal vs. Performance

- Me in Rehearsal: analytic • asks clarifying Qs • marks lightly.
- Me in Performance: breath■anchored • fewer thoughts • commit to verb.
- Keep Stable: grounded breath on first phrase.
- Adjust: one verb per section; no mid■phrase fixes.

New Room vs. Familiar Room

- Me in New: quieter voice • scan exits • extra warmup.
- Me in Familiar: social, lighter • efficient setup.
- Keep Stable: 3■breath reset before first note.

- Adjust: greet one person early to “claim” the room.

Part 6 — Core Constants (three)

- Tell the truth kindly — Proof: ask for one testable change; Guardrail: no sarcasm notes.
- Earn the moment — Proof: score study before choices; Guardrail: no shortcut acting.
- People first — Proof: check partner needs; Guardrail: don’t trade safety for effect.