THE PERFORMER'S STARTERS PACK

The Audition Day *Checklist*

Your pre-flight check, from the night before to the moment you walk in.

DATE _____ ROLE / SHOW _____ VENUE _____

01 The Night Before

Pack with intention.

- [ ] **Sheet music** clearly marked with cuts, in the correct key, taped securely for the accompanist.
- [ ] **Headshot and resume:** multiple copies, stapled or printed back-to-back. One in a clear plastic sleeve.
- [ ] **Backup of every document.** Always have a backup. Always.
- [ ] **Outfit** chosen, clean, pressed, and laid out. One that makes you feel powerful and fits the role.
- [ ] **Backup top or socks** packed. Spilled coffee and surprise puddles happen.
- [ ] **Water bottle** ready to fill in the morning.
- [ ] **Quiet snack** packed (banana, granola bar, something gentle on the stomach).
- [ ] **Pen, small notebook, lip balm,** and any personal essentials (inhaler, lozenges).
- [ ] **Travel route confirmed,** with a Plan B for delays.
- [ ] **Alarm set** with enough buffer for breakfast, warm-up, and the unexpected.

02 On the Way

Arrive ready, not rushed.

- [ ] **Leave with a thirty-minute buffer minimum.** An hour is better.
- [ ] **Gentle vocal warm-up** on the way (humming, lip trills, light scales). Don't push.
- [ ] **Body warm-up:** light stretching, a walk, anything to release nervous tension.
- [ ] **Review your monologue or song** mentally one final time.
- [ ] **Visualise the moment:** walking in, singing, leaving with grace.
- [ ] **Calming breath work.** In for four, hold for four, out for four. Re-centre yourself.
- [ ] **Sip water steadily.** Avoid dairy, citrus, and anything that coats the throat.
- [ ] **Skip the doom-scroll.** Stay in your own headspace, not anyone else's.

03 In the Waiting Room

Your command centre.

- [ ] **Check in** with the audition monitor. Smile. Be the easy one to remember.
- [ ] **Read the room.** Quiet space? Respect it. Conversation flowing? Join warmly or smile politely.
- [ ] **Phone away.** Not on silent. Away.
- [ ] **Final quiet warm-up:** subtle humming, lip trills, jaw release.
- [ ] **Final music check:** right key, right cuts, accompanist-ready.
- [ ] **Posture and presence.** Open chest, grounded feet, soft jaw.
- [ ] **Anchor breath** the moment your name is called. You've done the work.

04 In the Room

Be present. Be yourself.

- [ ] **Greet warmly.** Eye contact, a clear hello, a settled smile.
- [ ] **Brief the accompanist clearly:** tempo, cuts, any unusual moments.
- [ ] **Take your moment** before you start. A breath, a thought, then begin.
- [ ] **Tell the story**, not just the notes. Connect to the lyric.
- [ ] **Recover gracefully** from anything unexpected. Stay in character.
- [ ] **Take direction openly.** Adjustments are an invitation, not a critique.
- [ ] **Thank the panel and the accompanist** on your way out.
- [ ] **Leave with grace.** The audition ends when the door closes, not before.

> *"You've prepared meticulously for the predictable. Now you have the space and resilience to handle the unpredictable with grace."*

AFTER ***A moment of reflection***

ONE THING I'M PROUD OF

ONE THING TO TAKE FORWARD

Break a leg.

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