

CONQUER ANXIETY - FULL SUPPORT

DATE: _____

PERFORMANCE / EXPERIENCE: _____

STAGE I: VISION (see chapter 3)

What is your vision?

What is your motivation? (WHY are you pursuing this?)

What is your current attitude?

What is your goal that can support your vision?

STAGE II: READY (see chapter 4)

SKILL 1: ACTIVATION MANAGEMENT

- What breathing exercises can you do?
- What mindfulness exercises can you do?
- Meditation

SKILL 2: POSITIVE SELF TALK

SKILL 3: MINDSET MANAGEMENT

STAGE III: SET (see chapter 5)

Do you have a pre-performance routine you can complete?

Do you have a pre-performance, predetermined mindset to hold on to and maintain?

Have you visualized and pre-performed the performance? (chairflying)

STAGE IV: PERFORM (see chapter 4)

Create the right expectation. Get in the "zone." You're ready. You own this. Go do it!

STAGE V: EVALUATE (see chapter 5)

What worked?

What didn't work?

What will you do next time?

Any other lessons learned that you will improve next time?
