

EXERCISE 1: TO-BE LIST

QUESTION: WHAT KIND OF HUMAN DO YOU
WANT TO BE THIS YEAR?

EXERCISE 2: COURAGE MANTRAS

QUESTION 1: HOW DO I SHOW UP WHEN I'M
ANXIOUS OR NERVOUS?

QUESTION 2: WHEN DOES THIS HAPPEN?

QUESTION 3: WHAT CAN I SAY TO MYSELF IN REAL-
TIME TO OWN MY STORY AND GO TALL NOT SMALL?

EXERCISE 3: 'A-GAME'

IDENTIFY A PERFORMANCE WHEN YOU WERE AT
YOUR BEST AND OUTLINE 5 WORDS OF HOW YOU
WERE FEELING IN THAT PERFORMANCE.