

JOURNAL: MOUNTAIN VISUALIZATION

What did your first and second mountain peak represent to you?

What is motivating you on this journey?

What parts of the path did you most enjoy?

How did you work with difficulties or obstacles along the way?

What was it like to stand at the top?

What other insights about yourself did you get from this exercise, if any?



EXERCISE: APPLE MEDITATION

This exercise is a doorway into the conversation around how mindfulness can impact performance. The intention is to highlight thoughts and feelings that arise when performing in front of your peers in contrast with the playfully immersive experience of flow. It also highlights the experience of being fully present through your senses to a single object in contrast with multi-tasking

What was it like to perform in front of others? What thoughts, emotions or sensations did you notice?

What was it like to play? What thoughts, emotions or sensations did you notice?

How would you describe your experience of being fully present through your senses?

What did you notice about your attempt at multi-tasking?

What did this exercise teach you about mindfulness and performance?



EXERCISE: FOUNDATIONAL ATTITUDES

<i>Foundational Attitude</i>	<i>Give an example of how you already embody this way of being.</i>	<i>What is the cost of not embodying this way of being?</i>	<i>Set an intention for how you could deepen your embodiment.</i>
Open			
Courage			
Non-Attachment			
Balanced Effort			
Focus			
Discipline			
Compassion			



JOURNAL: THE FOUR STAGES

What are some pre-event rituals, techniques or superstitions you could experiment with?

What are the specific opportunities you have to be mindful during your performance events?

How do you typically celebrate a win? How might you do this more mindfully?

How do you typically react to a mistake, loss or failure? How might you do this more mindfully?



JOURNAL: THE 4 CORNERSTONES

Which of the Holistic Life Practices do you feel most balanced already? What are you doing well that is working for you?

Which cornerstone has the most opportunity for growth? In what ways could you use mindfulness to enhance performance in this area?

JOURNAL: BODY SCAN

What physical or energetic sensations did you notice in this practice?

How did you work with any difficulty?

How do you imagine being present to your body in this way could impacts your areas of performance?

