

EXERCISE: AMBIGUOUS SCENARIOS

The intention of this exercise is to help you recognize your own tendency and style of meaning making around a hypothetical performance-related event (feedback) and life event (walking down the street). You'll try on two scenarios as if it were happening to you and notice how you "narrate" these events.

Scenario 1: Performance Feedback

What was the story you made up about this scenario?

Scenario 2: Walking Down the Street

What was the story you made up about this scenario?



EXERCISE: PAPER CLIP COMPETITION

Competition #1

This exercise offers an experience of competing against the clock, other people and your own expectations. The instructions are to notice how the competition may evoke a “performance story” about your abilities compared to others. You may also observe how your story may have impacted your performance experience and outcome.

Competition #2

This exercise will offer an experience of competing on a team against other teams while engaging in a task that requires focus and dexterity. Notice how the competition may evoke a “performance story” about your abilities as well as others on your team. You may also observe how your story may have impacted your performance experience and ultimately your teams outcome.

What stories did you notice during the competitions?

How did you work with these stories once you noticed them?

How did giving attention to your mental stories impact your ability to perform (focus on the task at hand?)

What insights does this exercise offer about your real life competition and performance?



EXERCISE: PERFORMANCE STORY SHIFTING

Identify a challenging situation and the "Off-Peak Performance Story" that you're currently telling about it. Brainstorm other ways of positively reappraising the story. "Try on" the different stories to feel which resonates as most true. After choosing your new story, solidify the story by taking new actions that align with it.

Reflect on a challenge you are currently facing. What is the performance story you are telling about it?

Brainstorm Alternative Performance Stories

Resonance (1-10)

Choose a New Performance Story

Integration/Action Plan



JOURNAL: WALKING MEDITATION

What was your experience with walking in this way?

How did slowing down impact your state of mind?

What insights from this practice could be integrated into your area of performance?

