

JOURNAL: THE ICE BUCKET CHALLENGE

How would you describe the difference in experience between distraction and mindful monitoring?

What stories or emotions came up for you during each experiment?

Which would you say worked better in this instance, distraction or mindfulness? Why?

What is the potential cost of distracting from physical and emotional pain?

Give some examples of ways you avoid difficulty in your life or primary areas of performance?



JOURNAL: OPEN AWARENESS AND MENTAL NOTING

How was this different than the other meditation practices we've done so far?

What was your experience like with "Open Awareness"?

What kinds of experiences did you note?

How do you imagine this practice could benefit your performance?



EXERCISE: STRESS REACTIVITY



What typical situations/people trigger stress and sabotage performance? How you do "react" in a way that worsens the situation?

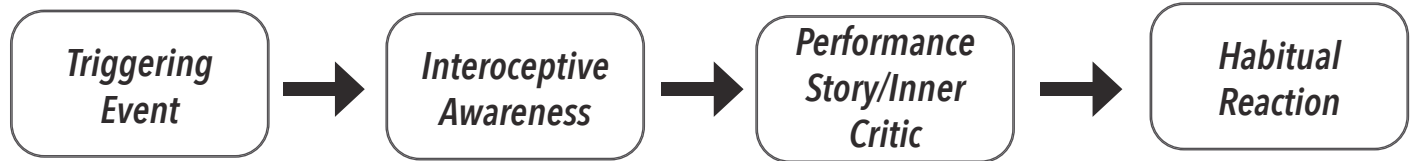
Triggering Event

- 1.
- 2.
- 3.
- 4.
- 5.

Stress Reaction

- 1.
- 2.
- 3.
- 4.
- 5.

EXERCISE: STRESS RESILIENCE CALENDAR



At the end of every weekday, recap and record one triggering event along with your associated physical and mental experience. How did you react or mindfully responded in the situation?

| | Triggering Event | Body Sensations | Performance Story | Reaction or Response |
|-------|------------------|-----------------|-------------------|----------------------|
| Day 1 | | | | |
| Day 2 | | | | |
| Day 3 | | | | |
| Day 4 | | | | |
| Day 5 | | | | |