

Name _____

Pre-Planned GPS

What's the purpose of GPS? GPS is used to re-route your journey to help you avoid stress. If you ignore your GPS, then you ignore the opportunity to make the journey more productive. Locate a past *Event*, describe the *Symptoms*, and visualize your *Response* (as you want the journey to go).

Example for a performer:

Stressful Event	Symptoms	Response
Feeling the physical fatigue towards the end of the program	Heavy legs, "oh crap" moment, change in posture, negative self-talk	This is normal, focus on next sequence, be present, focus on positive talk

Event/Skill _____

Stressful Event	Symptoms	Response