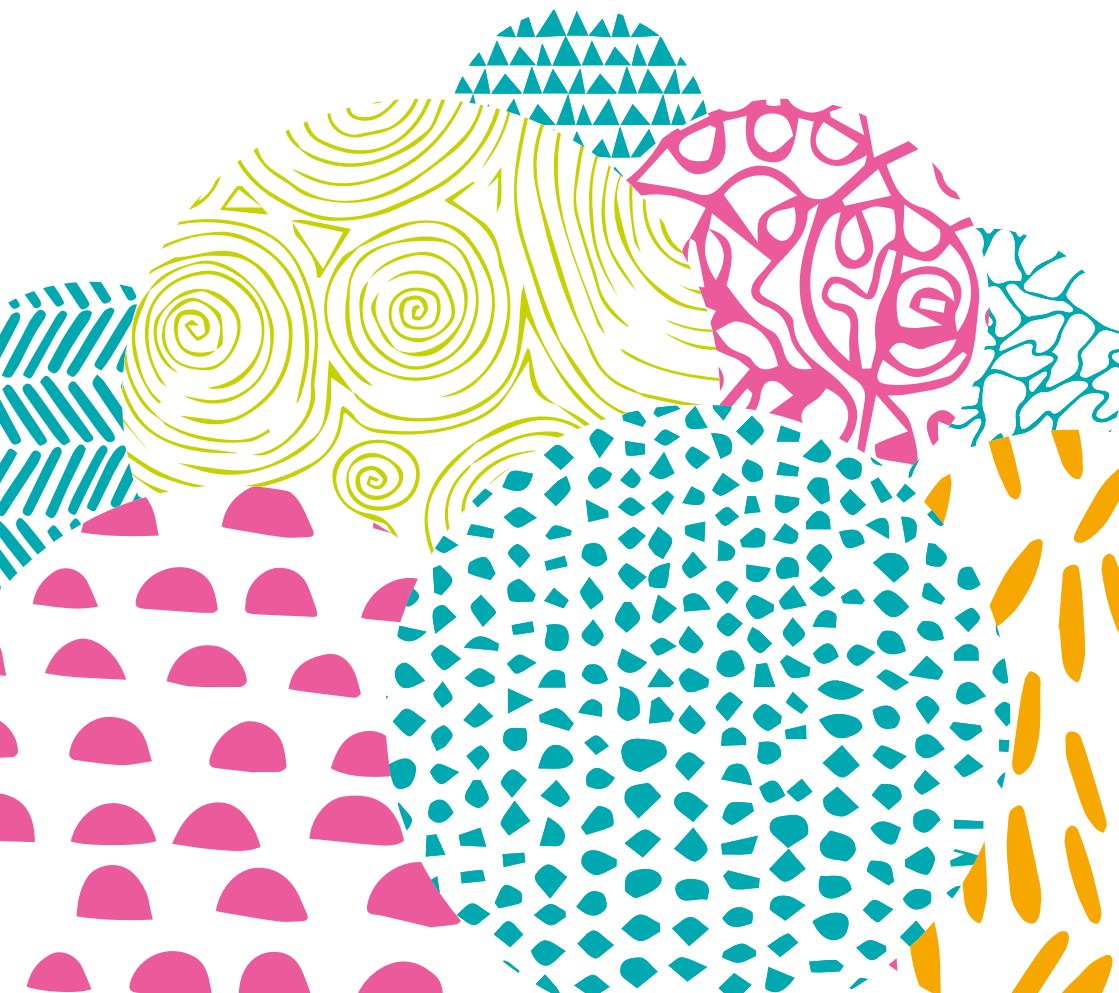


The performer's way

my bullet journal

Performance:

Name: Date:



Happiness is
not something
ready made.
It comes from
your own action.

Dalai Lama

Become a testimonial! Share your practice
and inspire new generations!

<http://www.designforwellbeing.ch/upstage/>

Make a list of few things that are *life-giving* to you

→ Naming and being aware of these gainers will help you to commit spending more time doing these things. Practicing you can expand the list and become more and more focused.

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notes

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Legend

Wellbeing area



physical

Taking care of your body: physical activity, healthy foods, sleep etc.



intellectual

Expanding knowledge and skills through intellectually stimulating activities



emotional

Ability to understand the value of your emotion, coping effectively with changes, having a sense of positive self-regard



spiritual

Attending to your sense of purpose and meaning in life



social

Developing a sense of connection, belonging, and a well-developed support network



financial

Satisfaction with current and future financial situations.



occupational

Personal satisfaction and enrichment from your work.

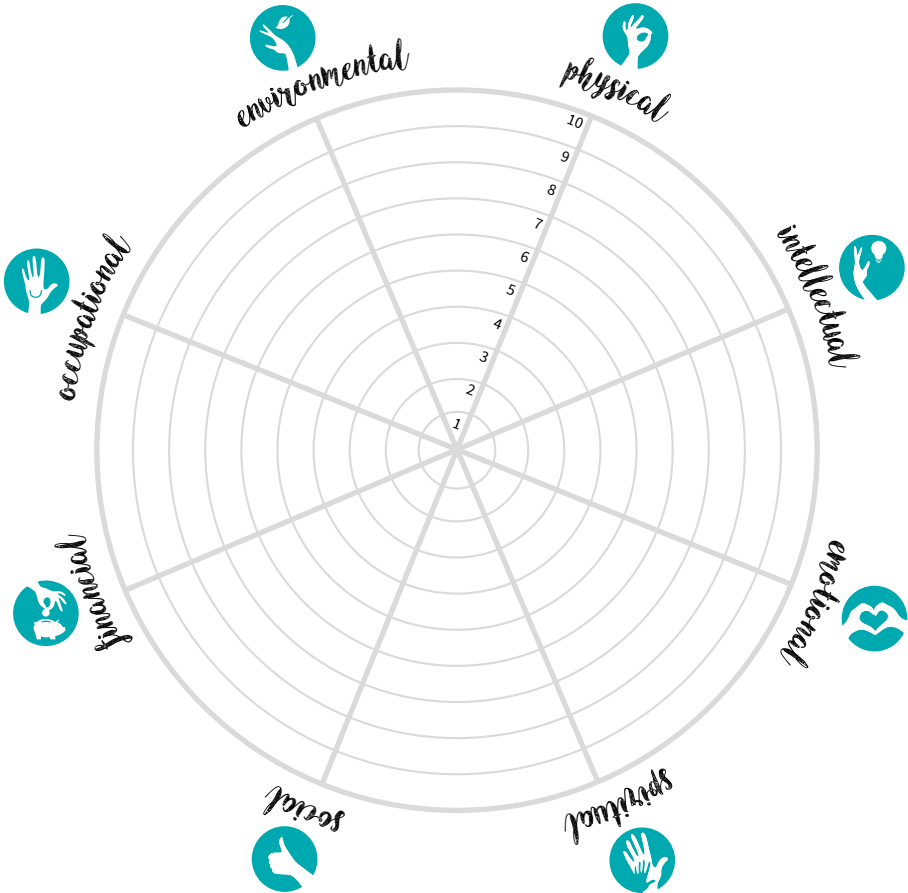


environmental

Occupying pleasant, stimulating environments that support your well-being

Strengths mapping?

→ How important are the following types of wellbeing to you professionally?



*Be aware on your strengths is a step forward.
Focus the areas you would improve*

What challenges and opportunities for your optimal performance ?

- Gets a glimpse of what's truly inside you! Allow you to change for the better.
- Defining obstacles helps us to define what's important.
- First identify your talents or desired qualities you would train and then the main obstacles you have to manage to make yourself confident on the stage.

talents

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Sketch out your *goals*

→ Take a look at your strengths map and obstacles and name below your next goals for the performance.

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Fix your new good habits

→ Use UpStage toolkit www.designforweelbeing.ch/upstage and choose what activities can support your personal and professional wellbeing and write down your exercises.

Print activities!



4 Mindfulness



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→ Right now schedule your new experiences in the following calendar. Notices that the benefits are magnified with repetitions!

Sketch out your *timeline*

→ A year in pixels! Check the keys and complete the plan!

List the activities you would integrate

→ Choose when you can start practicing. Insert the selected activities into your performance preparation. Insert performance and training and considering time required choose the useful period to train.

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☐ Task/test

△ Performance

○ Rehearsal

Activities

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Diary

→ Once you set the performance days review your selected last of activities and decide which one you will schedule over the next weeks before the performance. It's important that you have a set time frame for tasks.

→ Report your day to day training and write down your exercises!

Day Month Year

6 / 5 / 18 *monday*

D M Y

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AM

7:00 #5 Meditation

PM

14:00 #23 Hand Shiatsu

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PM

start!

-21 days to the performance!



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Performance day!

→ Go to page 18 and complete!



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+5 days after the performance!



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Capture your learning

→ Do your self-evaluation after the performance

What was interesting about the way you interact with the stage?

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*The most memorable moment.
What motivated you?*

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What would you like to explore in your next performance preparation?

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What frustrated you?

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Lessons from my peers

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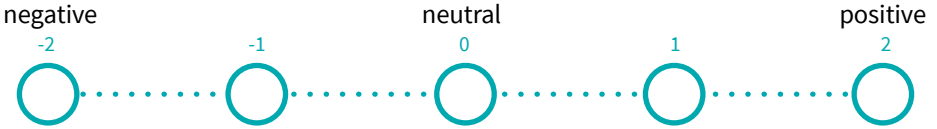
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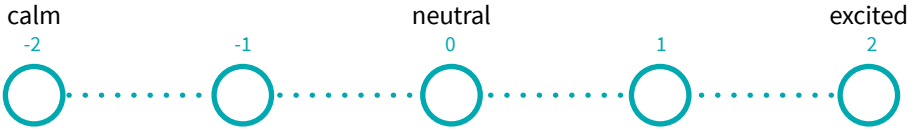
What's about your performance?

→ How did you feel before your performance?
Check your status and complete the chart below.

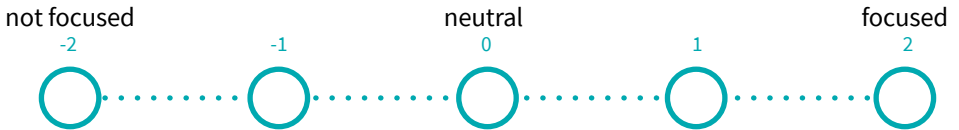
Mood



Vitality



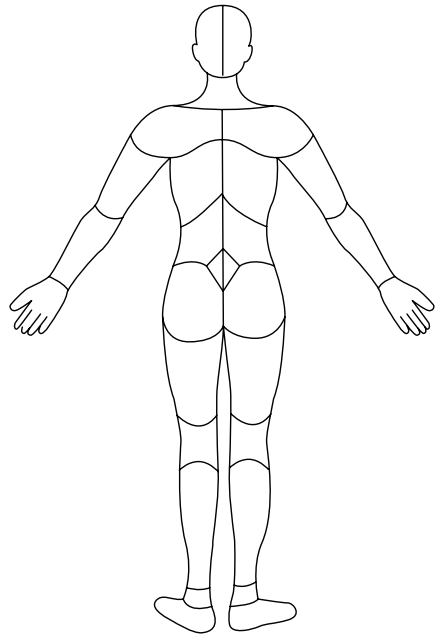
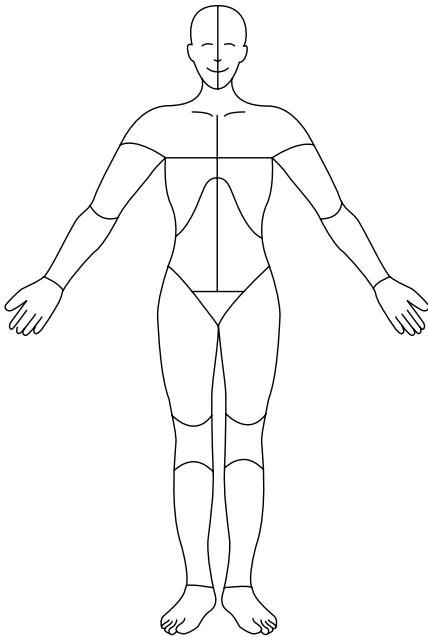
Focus



Embodiment exercise

→ Our entire body extends and incorporates various aspects, feelings, emotions and attitudes. By combining movements and cognition to perform, our body is the first house in which we play.

→ Please, be aware of your physical sensations and indicate below in which area of your body you feel more tension after performance.



UpStage toolkit

just be yourself,
there is no
one better