

Name _____ Date _____

Mini Workbook — From Nerves to Fuel (20 minutes)

Before 0–3 min

- File: **before (mp4 / m4a)**
- Self-rating: Calm __/10 Clarity __/10 Steadiness __/10

Practice 3–8 min

- 4-2-6 cycles: ☐ ☐ ☐ ☐ ☐ ☐ Mark after completing each round (at least 5 rounds)
- My self-talk line: “_____”(choose sentences that encourage you)
- If-Then : If I _____, then I _____.
- Eyeline: 1. sticker set 2. 0.5 s pause before first sentence

After 8–12 min

- File: **after (mp4 / m4a)**
- Self-rating: Calm __/10 Clarity __/10 Steadiness __/10

Compare (tick one)

☐ Calm +1 ☐ Clarity +1 ☐ Steadiness +1 ☐ No change yet

Reflection 12–15 min

What helped and what need to change next time_____