

FOR THE PRE-GAME SHAKERS.

BUTTERFLIES MEAN THE STAKES ARE REAL

Pre-performance anxiety is energy waiting to be assigned a direction

THE STOIC PRINCIPLE

Anxiety before a big moment is energy that has not picked a direction yet. You cannot make it disappear. You can give it a job. The energy is not the problem. Idle energy is.

THE STOIC SUPPORT

*"Uncertainty and fear are relieved by authority.
Training is authority."*

RYAN HOLIDAY | THE OBSTACLE IS THE WAY

STOIC STEPS FOR RADICAL RESILIENCE

Five steps for redirecting the dread into the open.

01 REFRAME THE BODY'S SIGNAL

Same physiology as excitement. Heart rate up. Breath quick. The brain decides which one. Tell yourself: this is excitement. Surprisingly effective. Studied.

02 RUN THROUGH THE FIRST 90 SECONDS

Visualize the open. The first words out of your mouth. The first thing you will do when you walk into the room. Specifics calm. Generalities spike.

03 HAVE A PRE-GAME RITUAL

Athletes have them. Speakers have them. You should too. Same playlist, same coffee, same notebook. The ritual signals 'we have done this' to the body.

04 LOWER THE STAKES BY ONE NOTCH

'I just have to do my prep.' Not 'I have to crush this.' The brain panics at outcomes. The brain is fine with effort. Aim at effort.

05 MOVE BEFORE YOU START

30 seconds of walking, jumping, fast breath. Burn the cortisol. Most performance anxiety is undischarged adrenaline waiting to be assigned. Discharge it.

THE REFRAME

*Uncertainty and fear are relieved by authority. Training is authority. So train.
Then trust it.*