



Dancing the Tightrope Intro Course The Art of Balancing Under Pressure

Clarity Questions

Great outcomes start with clarity and intention. Sometimes we choose comfort over growth simply because it's easier. And sometimes we chose growth over comfort because it's time. It's time to unleash your mental tools, to become better, to learn and grow.

In this exercise, allow yourself to dream big!

The following questions are designed to help you decide: is it time to change some things that have been holding me back?

Before you answer the questions, I suggest you following these three steps:

1. Set aside time (from 15-30 minutes) and chose a place where you will be able to focus without interruption. It doesn't matter if you do this all at once, or if you prefer, do it in pieces so that you don't feel so much pressure.
2. Sit quietly for about 5 minutes and relax. Set an intention that this be a deep and meaningful exercise for you.
3. Take five deep belly breaths before you begin writing your answers to the questions.

What is happening NOW that makes you start thinking about investing the time, energy and attention in changing some mental habits that might be holding you back?

What have you already done or tried? What has worked? What hasn't?

Where do you find yourself striving to be right, or avoid being wrong?

How difficult is it for you to receive feedback? What happens inside of you when you feel like you are making a mistake?



What circumstances cause you to feel pressure?

What would change in your life if you were able to stay connected to yourself, your skills and other while under pressure?