



**Do you take time to stop and listen to what you tell yourself?**

- ☑ Sit in a comfortable position, take 5 deep breaths and think about your recent performances.

💡 *Focusing on mastering your skills will lead you to greater performances.*

**1 LISTEN**



**Do you smile at your errors?**

- ☑ Go for a brief walk and think about your recent errors and what you can learn from them.

💡 *Appreciating your errors gives you an opportunity to learn and grow from them.*

**2 SMILE**




**Do you have fun?**

- ☑ Do something that you love this week. This may be a sport, hobby or social activity.

💡 *When we are having fun, we are present and free to express ourselves.*

**3 FUN**




**Do you say one thing but do another?**

- ☑ Hold a plank for your maximum duration. Now ask yourself honestly, was that your best attempt or did you hide your true self?

💡 *When what you say and what you do are aligned, you become a more consistent performer.*

**4 EFFORT**



**Do you give to others?**

- ☑ Do an activity with another person e.g. a bike ride, jog or walk. Take time to ask them how they are doing?

💡 *When you're doing something for others, it gives you a greater purpose in life.*

**5 GIVE**

**EA5**  
THINK WITH FREEDOM