

## Power Hour Preparation Sheet

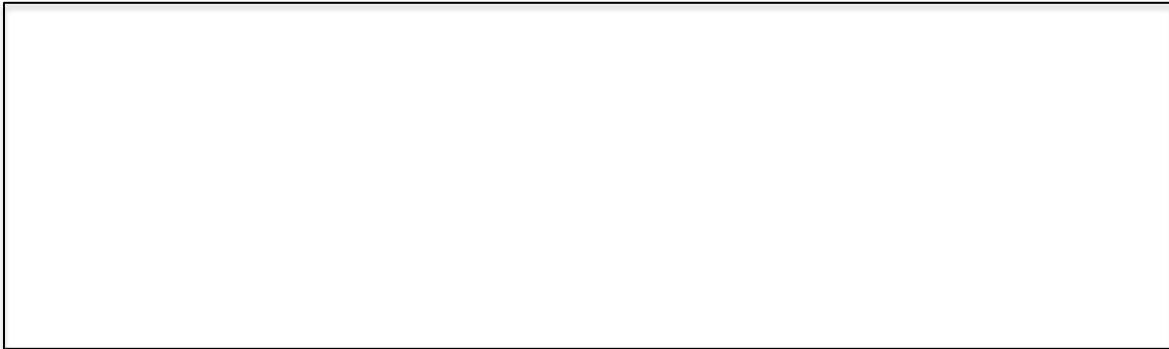
You've scheduled a power hour, now what? To prepare, journal quickly on the following questions:

What are your fears/anxieties around the work you will tackle during the hour? Any performance pressure you're putting on yourself?

What counterproductive behaviors might the fears or pressure trigger in how you approach the task?

What is the purpose of this project/task? Why does it matter? What is your contribution goal with respect to this work?

What is there for you to learn in tackling this work?  
Connect with a learning goal.

A large, empty rectangular box with a thin black border, intended for the user to write their response to the prompt above.

Have a page at the ready to record your mind chatter/pinches. When they happen, note what triggered the pinch, capture your mindchatter and try to search for the ego threat. Then try turning back to the work.