

Performance Pattern Play Sheet™

One Pattern. Many Results.

Choose one area:

- Sports
- School
- Friendships
- Confidence
- Public Speaking
- Music
- Leadership

Step 1: What Do You Want?

In this area of my life, I would like to:

Step 2: What's Happening Now?

Right now, I notice:

- Hesitation
- Overthinking
- Self-doubt

- Fear of mistakes
- Giving up too quickly
- Avoiding challenges
- Comparing myself to others
- Other: _____


Step 3: Catch the Thought

When this happens, what do I often tell myself?



Step 4: What Might That Thought Create?

Fill in the pattern:

 Thought



 Belief



 Behavior

↓

 Result

Step 5: Is This Helping Performance?

Check one:

YES

A LITTLE

NOT REALLY

Step 6: Choose a Better Direction

What would someone who was bringing out the best in themselves tell themselves instead?



Step 7: Create a New Path



EXAMPLE: CREATING A NEW PATH

The same pattern shows up in every area of life.
You get to choose which path you will practice.

OLD PATH
Example: Sports

THOUGHT
"I might miss."

↓

BELIEF
"I need to be perfect."

↓

BEHAVIOR
Hesitate

↓

RESULT
Play smaller

↓

OUTCOME
Lower performance

↓

PROOF (FALSE)
"See? I knew I'd mess up."



NEW PATH
Example: Sports

THOUGHT
"I can learn."

↓

BELIEF
"Improvement matters more than perfection."

↓

BEHAVIOR
Take the shot

↓

RESULT
Get more practice

↓

OUTCOME
Gain confidence

↓

PROOF (TRUE)
Better performance

YOUR TURN: CREATE YOUR NEW PATH

Use the example above as a guide. Fill in your own answers.

OLD PATH *(What's happening now)*

THOUGHT: _____

↓

BELIEF: _____

↓

BEHAVIOR: _____

↓

RESULT: _____

Small choices
create new
paths.

→

New paths
create better
performance.

NEW PATH *(What you want to create)*

THOUGHT: _____

↓

BELIEF: _____

↓

BEHAVIOR: _____

↓

RESULT: _____



Remember:

You don't have to believe the new thought all the way yet. You just have to be willing to practice it.



Awareness creates choice. Choice creates power.

YOUR TURN

Old Path	New Path

Step 8: Performance Experiment

This week, I will test this new belief:

Step 9: What Happened?

What did you notice?

Brain-Ready Reminder

The goal is not to become perfect.

The goal is to notice patterns earlier.

Because when you notice a pattern, you gain a choice.

And choice is where power begins.

 Reclaim Your Peace.

 Reclaim Your Patterns.

 Reclaim Your Power.

EXAMPLES FROM OTHER AREAS

	SCHOOL	Old: "I'm not smart." New: "I can learn this."
	FRIENDSHIPS	Old: "No one likes me." New: "I can be a good friend."
	CONFIDENCE	Old: "I'm not good enough." New: "I am enough and I can grow."
	PUBLIC SPEAKING	Old: "I'll mess up." New: "I can share my ideas."
	MUSIC	Old: "I'm not talented." New: "Practice makes me better."
	LEADERSHIP	Old: "I can't lead." New: "I can make a positive impact."

 Same pattern. Different area.
Better thoughts. Better results.