

# S T A G E N

## GAMEFILMING TOOLS PERFORMANCE JOURNALING

### A) MENTAL REPLAY

**Situation**  
Describe what happened

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**Results**

Describe the results, consequences, implications

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### B) REFLECTION

**My Thoughts**  
What I was thinking...

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**My Behavior**  
What I did and said...

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**My Inner State**  
What I was feeling...

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**My Mindset**  
What Drama Triangle or Empowerment Dynamic mode...

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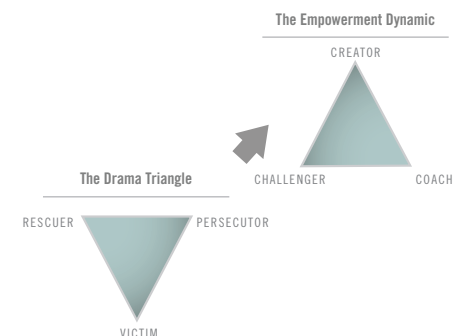
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DATE \_\_\_\_\_

#### Inner States

Angry	Defensive	In Flow	Pessimistic
Anxious	Disappointed	Inspired	Proud
Appreciated	Embarrassed	Irritated	Relaxed
Brave	Enthusiastic	Liberated	Sad
Burned Out	Excited	Loving	Satisfied
Calm	Frustrated	Non-attached	Stressed
Confident	Grateful	Open	Supported
Conflicted	Happy	Optimistic	Unappreciated
Confused	Hurt	Passionate	Vulnerable



### C) SELF-AUTHORING

**Key Insights**  
Describe triggers, habits, patterns

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**Vision**  
Describe your desired outcome

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OPTIONAL

**Contemplation**

**Action**

My next step is... Next time I will...

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