

S T A G E N

GAMEFILMING TOOLS PERFORMANCE JOURNALING

A) MENTAL REPLAY

Situation
Describe what happened.

Results
Describe the results, consequences, and implications.

B) REFLECTION

My Thoughts
What I was thinking...

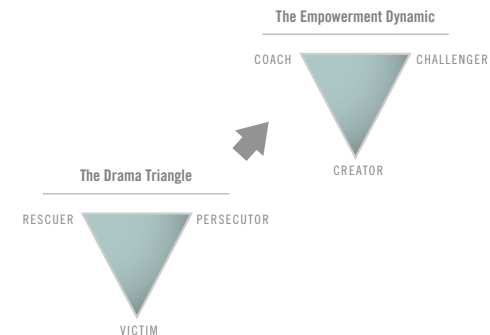
My Inner State
What I was feeling...

My Behavior
What I did and said...

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

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, and patterns.

Vision
Describe your desired outcome.

OPTIONAL

Contemplation

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