

# S T ^ G E N

# GAMEFILMING TOOLS PERFORMANCE JOURNALING

## A) MENTAL REPLAY

**Situation**  
Described what happened

**Results**

Describe the results, consequences, implications

## B) REFLECTION

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

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

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

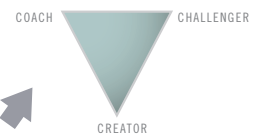
**My Mindset**  
What Drama Triangle or Empowerment Dynamic mode...

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

**The Empowerment Dynamic**



**The Drama Triangle**



## C) SELF-AUTHORING

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

**Desired Outcome**  
What do I really want?

OPTIONAL

**Contemplation**

**Action**

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