



MYND Activity C8: The feel-good factor

Think about a time you performed and felt really good about it. Explain what happened and how. How often do you have a 'feel-good' factor when competing?



MYND Activity C8

Think of a time you really felt good and confident about an upcoming performance. What was it that gave you that feel-good factor? How did 'feeling good' come out during your performance?

A large, empty rectangular box with a thin black border, intended for students to write their responses to the activity prompt.

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