My plan for a big moment

For an interview, a presentation, an exam or any event that matters.

Name _____ Date _____

The event, and when it is

What I am afraid will happen

How likely does that feel right now?

0 — 10 — 20 — 30 — 40 — 50 — 60 — 70 — 80 — 90 — 100

Not at all — Certain

What a calm, fair friend would say about that

Getting ready

What I will practise, and when

Out loud, with a timer or with a friend

My opening

The first thing I will say or do

If my mind goes blank or I stumble, I will...

The night before

- [ ] Early night
- [ ] Things packed
- [ ] Alarm set

Just before

- [ ] Arrive early
- [ ] Breathe out
- [ ] Look outwards

Afterwards

What actually happened, and how did that compare with what I feared?

What went well enough

What I would do differently next time

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