

# Meditation for Super Performance



Your Private Action Guide  
with Emily Fletcher



# Welcome to Your Private Action Guide

## 8 Tips to Get the Most out of This Masterclass

1. Print out this guide before the Masterclass starts to make the most out of your experience. You can also download it and type directly in the guide to save paper.
2. Set aside private time so you can immerse yourself and receive the full benefits of the session.
3. Review the Pre-Masterclass exercise so you can best set the space and intention to experience this class.
4. Have a glance at the Masterclass Summary, so you know what to listen for.
5. During the Masterclass, write down resonating quotes, thoughts, ideas, and inspirations while listening, so you get all information most relevant to you.
6. Consider how quickly you can implement the secrets revealed in this session.
7. Refer to this guide after the class is over to fill in anything you may have missed or to work on any exercise you'd like to explore deeper.
8. Use the space to be creative, expressive, and honest.

*"I have so much to do today that I will meditate two hours instead of one."  
- Mahatma Gandhi*

# Preparation Tips for This Masterclass

- This Masterclass is best experienced in a quiet place without distractions.
- Be in a comfortable position so you can fully take part in the guided meditation that is part of the class.
- Before starting, take a deep breath. Deep breathing slows the heart rate and relaxes the muscles. Allowing for a more comfortable experience during your meditation.
- Be open to the experience and to the learnings you are about to receive.

## Pre-Masterclass Exercise: Start with Intention

What was your intention for attending this Masterclass? What do you hope to leave with and for what reasons? Set your positive intentions here.

*"A good intention clothes itself with sudden power."  
- Ralph Waldo Emerson*

# MASTERCLASS SUMMARY

PART I: The Busyness Paradox

PART II: The Difference Between Mindfulness  
and Meditation

PART III: Getting Better At Life

PART IV: Self Reflection

# PART I: The Busyness Paradox

1. What are some of the benefits of meditation?
2. As Emily mentions, "If Oprah has time to meditate, \_\_\_\_\_."
3. People think they're too busy for meditation, because they are...
4. According to Emily, meditation has nothing to do with \_\_\_\_\_.
5. We don't meditate to get good at \_\_\_\_\_. We meditate to get good at \_\_\_\_\_.
6. What do brain scans show in the different styles of meditation?
7. What is the corpus callosum? Why is it important to strengthen this part of the brain?

## PART II: The Difference Between Mindfulness and Meditation

8. As Emily explains, mindfulness is the \_\_\_\_\_; where as, meditation is \_\_\_\_\_.

9. In a state of meditation, the body goes into a rest deeper than sleep. This process allows the body to \_\_\_\_\_.

10. According to Emily, why is stress not conducive to creativity or high performance?

11. What are the differences between Monastic and Modern Meditation? How can either of them benefit you?

Monastic Meditation	Modern Meditation

12. As Emily explains, if you look forward to something – if it's designed for you and you see the return of investment right away – then meditation no longer becomes a \_\_\_\_\_ but, becomes something like \_\_\_\_\_.

## PART III: Getting Better At Life

13. As Emily explains, there are 3 attributes of higher states of consciousness that can help us determine if we are “getting better at life”. These are:

A.

B.

C.

14. Emily makes a clear distinction that the “ability to hold many things in One Awareness” is not \_\_\_\_\_. What does it mean instead?

15. What is a MIS-TAKE?

16. How does meditation help with decrease the likelihood of making a MIS-TAKE?

17. Meditation allows you to see patterns more clearly, consequently enabling you to put more \_\_\_\_\_ and \_\_\_\_\_ into the creative constructive themes in your life and not deconstructive ones.

18. Use the space below to do the The Dinner Party Guest exercise.

19. What does Emily mean when she says meditation helps fill you up from the source?

20. Enjoy Emily's guided meditation!



## PART IV: Self Reflection

### A Thought to Take Away

---

Write down a quote or phrase here that you heard in this Masterclass that resonates the most with you.



Mindvalley Academy is launching *The M Word* with Emily Fletcher.

You can sign up here: <https://bit.ly/2GtShlv>

Tip: Near the end of the *Meditation for Super Performance* Masterclass, you can purchase the *The M Word* at a special price. This is a 'Thank You Gift' we provide to our Masterclass attendees.

# Additional Notes

# SUCCESS STORIES

**"She's up there with the A-players."**



"Emily's work is good stuff. She's up there with the A-players in the meditation world."

- Dave Asprey, CEO of Bulletproof Coffee and Host of Bulletproof Radio

**"I rarely have performance anxiety anymore."**



"I used to have terrible stage fright. Since learning Ziva Meditation everything has shifted. It has taught me to stay in the moment and handle all that life hands me. I rarely have performance anxiety anymore. Even during The Sound of Music Live, performing live for millions of people, I wasn't nervous."

- Laura Bennati, Tony Award winner

**"She's up there with the A-players."**



"I used to think, 'I can't ever quiet my mind, how can I learn to meditate?' After the Ziva course I know that even if I am having thoughts, it is still working. Now it is a part of my daily ritual and people have noticed a change: they say, 'you look so radiant!'"

- Jenna Dewan-Tatum, Actress in Supergirl & Witches of East End