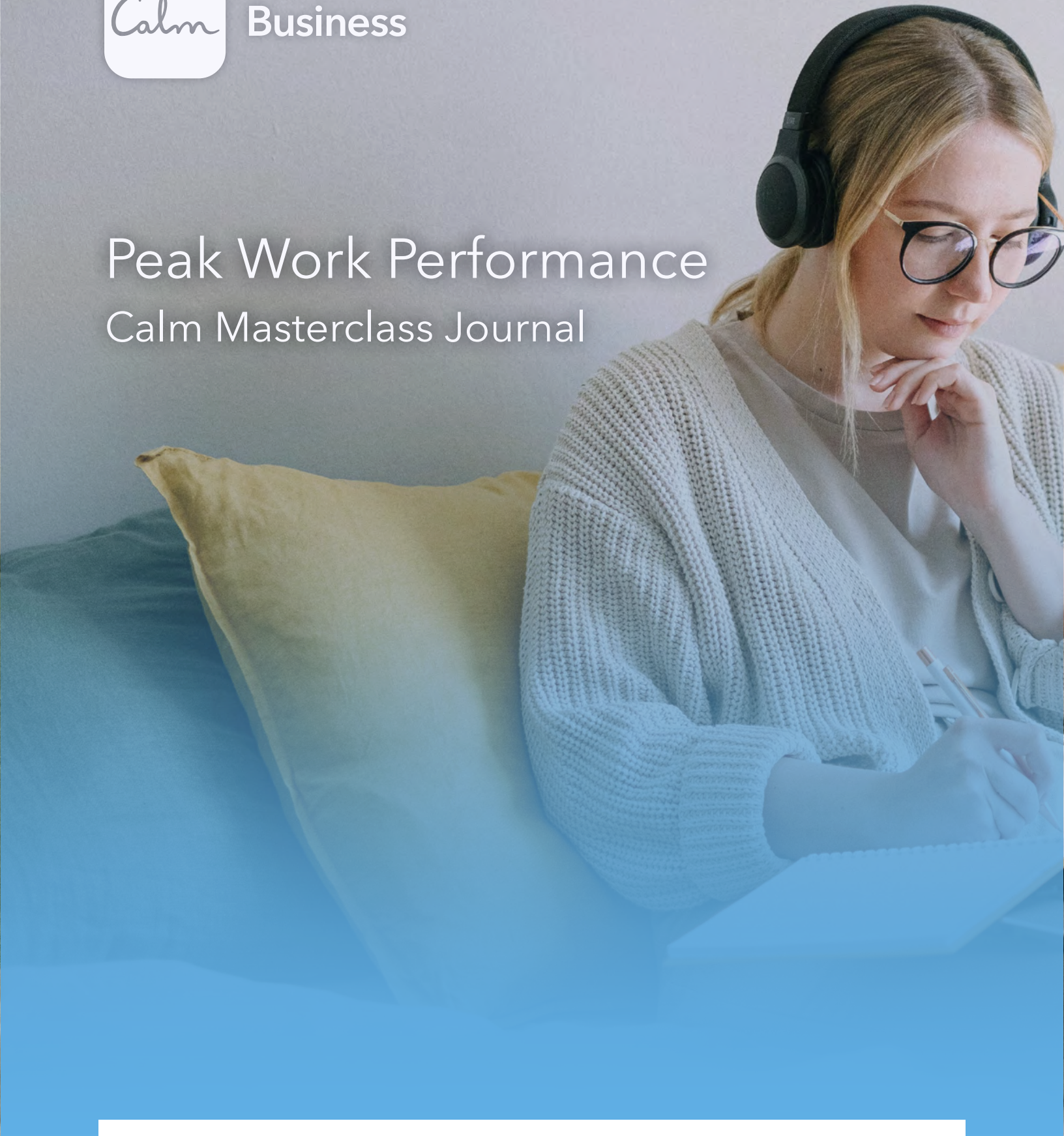




Business

# Peak Work Performance

## Calm Masterclass Journal



## Peak Work Performance: Calm Masterclass Journal

Supporting your mental well-being is essential for maximizing your potential in all areas of life. **When it comes to performing your best at work, mindfulness should be part of your toolkit.** We've created a resource for you to reflect, tune inwards, and step into your best self in the workplace, inspired by [Jason Kidd's Calm Masterclass, Peak Performance](#).

In his wisdom-filled session, 10-time NBA All-Star, two-time Olympic gold medalist, and NBA Hall of Famer, Jason Kidd, shares how to harness the principles of performance. He encourages us to tap into the champion within, **work hard, and show up to our lives with intention.** Whether you're starting a new career path, preparing for a big presentation, or just learning to optimize your day-to-day working hours, use this journal while navigating how to perform at your highest level.



***No matter what happens, believe in yourself and a champion will be born.***

Jason Kidd

# Connect with Your Purpose




What do you want to be **great at doing**? What's worth your focus and determination?

Why?



## Visualize Success

Take a moment to relax, close your eyes, and visualize what you want to accomplish. Play out a successful scenario in your head.

 **Tip:** Come back to these afterward to notice progress and celebrate what you were able to accomplish. **Remember that success takes time and practice,** keep visualizing and showing up.



Who can you support and empower along the way? What is your **ultimate goal**?

Write down some **key points** from what you visualized.



## Give Yourself Space

It's important to give yourself time alone to clear your mind, and space to reflect on a daily basis. It could be a meditation, journaling, or an evening walk.

**Tip:** Take a moment to schedule some time into your calendar to **make this into a habit.**

How can you give yourself space in your daily life?

# Build Your Workplace Support Network

Who can you talk to at work? Who can you be vulnerable with?

Who tells you the truth (kind, honest and constructive feedback)? **Who can you ask for help?**



# Manage Your Work Stress



Which aspects of your role bring you the most satisfaction?

Do you remember to **breathe** in times of stress?

Is there anywhere in your work-life that you need to ask for help?

Who are the people that cause you stress? What is something positive about them?

## Put in the Time

How do you work toward your goals in the workplace?

How do you go the **extra mile**?

What do you have to give up? What do you need to know? What's your process?



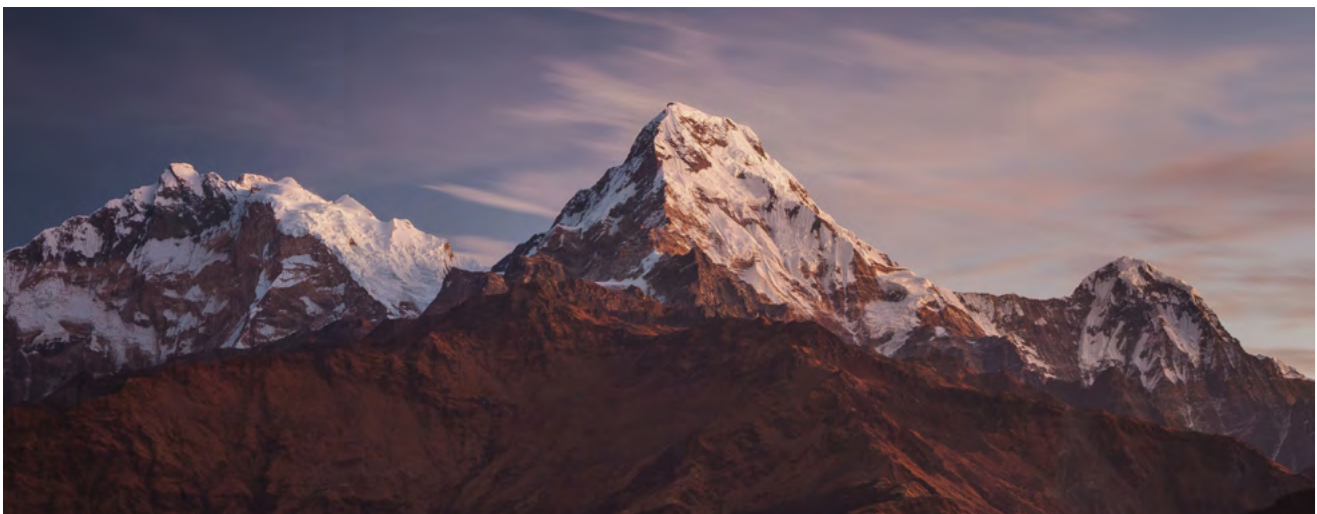


# Fail Better

*“Ever tried. Ever failed. No matter. Try again. Fail again. Fail better.”*

– Samuel Beckett

What lessons have you learned a project that didn't succeed? What inspires your **determination**?





## Sleep

This is the time for your mind and body to rest and repair itself.

What habits support you to have a restorative and rejuvenating sleep? What habits and practices do you want to shift?

# Leadership

Leadership doesn't always look like being a manager, presenter, or driver of a project—rather, understanding what role you are playing and doing your best to support the people you work with.



What makes you a **great teammate**?

When and how do you need to step up?

How do you help others to be successful?

What are the little things that you do that make a difference? Not everyone will recognize these things but **they are worth celebrating!**

## Show Up

How do you show up? What's your **daily routine**?



How are you working toward improving your performance?



For more insight, inspiration, and resources to bring mindfulness into your workday, visit the [Calm for Business blog](#).

The Calm Team

