POCKET SIZED STAGE FRIGHT
PRE-GAME CHECKLIST

PART 1

MAKE SURE YOU’RE PREPARED
☐ Run Through the Material Out Loud
☐ Memorize the First Minute
☐ Prepare Some Answers Ahead of Time

Calm Yourself Down Ahead of Time
☐ Boost Your Confidence
☐ Don’t Drink Alcohol or Caffeine
☐ Embrace Your Nervous Tendencies
☐ Create a Ritual
☐ Distract Yourself

PART 2