

Masterclass With Emily Fletcher

Meditation for Super Performance



Your Private Action Guide
With Emily Fletcher

Welcome To Your Private Action Guide

1. Print out this guide before the class starts so you can write down your notes as you listen.
2. Make sure you've set aside private time for this session so you'll be able to focus and fully receive the benefits of the session.
3. Review the preparation exercises so that 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 out for.
5. Use the space to be creative, expressive, and honest.

Your Preparation Tips For This Masterclass

- This Masterclass will be best experienced in quiet place where nothing can distract you.
- 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. Breathing deeply slows the heart rate and relaxes the muscles to help you have a comfortable experience during the meditation session.
- Be open to the experience and to the learnings you are about to receive.

“I have so much to do today that I will meditate two hours instead of one”

-Mahatma Gandhi

Pre-Masterclass Exercise

1. What is your intention for attending this Masterclass? What are you hoping to get out of it? Set your positive intentions here.

Masterclass Summary

Part 1 : Stop the Glorification of Busy

Part 2 : The Truth About Meditation

Part 3 : Getting Better At Life

Part4 : Self Reflection

Part 1 : Stop the Glorification of Busy

1. As Emily mentions, "if Oprah has time to meditate, then" ...
2. Why is it that most people think they're too busy to meditate?
3. Meditation is NOT about...
4. We don't meditate to get good at meditation. We meditate to...
5. What are some of the benefits of Meditation?



If you're not Meditating, you have no idea what you're missing.

Part 2 : The Truth About Meditation

6. As Emily explains, Mindfulness can be defined as the...

7. Meditation, on the other hand, is defined as...

8. What is the difference between “Monastic Meditation and Modern Meditation”?

9. What is one reason that could be causing you to find meditation “hard”?

Part 4: Self Reflection

The right questions can spur your right brain to feed you the right answers. So ask yourself. . .

How do you feel after the Masterclass? What were some of your biggest insights and takeaways?

A Thought To Take Away

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

Additional Notes



To sign up for *The M Word*, Emily's new Quest on Mindvalley Academy, please visit: http://bit.ly/themword_special for more information.

Tip: wait until January 23rd to sign up for the course. Near the end of the Masterclass, *The M Word* will be offered at a special price as a thank-you gift for class attendees.

Student 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

“People have noticed a change”

"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