



EP. 111 LESLEY VISSER

WITH HOST DON YAEGER

(3:25) Lesley's characteristics of great storytelling:

1. _____
2. _____
3. _____

(8:00) Billie Jean King taught Lesley three types of preparation.

Reflection Question: What "big moment" do you have coming up? Use the space below to write how you will prepare in each category.

EMOTIONAL PREPARATION	PHYSICAL PREPARATION	MENTAL PREPARATION
<i>Example: Billie Jean King asked herself: "Why am I doing this? What will I feel if I win? What will I feel if I lose?"</i>	<i>Example: She went to Hilton Head and practiced playing tennis.</i>	<i>Example: She asked to tour the facility in advance and meet the person that would escort her to the court.</i>