



turning potential into performance

A 5 Minute Improv Practice for Exploring the Zone (of the moment)

Review these 3 improv principles before you begin playing in your 5-minute practice (which I'd encourage you to do 3x day just to see what might happen!):

- **Minimal Structure = Maximum Autonomy** e.g. less structure/less control, greater choice
- **Embrace Errors** e.g. there's no such thing as a mistake
- **Everything's an Offer** e.g. say 'yes'

1) For your 5-Minute practice, pick a partner.

2) Engage in a conversation with your partner (could be about anything at all) and for the duration of the conversation, in the zone of exploration, respond with **'yes, and'** to whatever might come up between the two of you.

3) Notice your respective energies: How do they shift or change? Where do they go? What actually happened in the conversational space?

4) Notice your mood(s) during and after the conversation. What were they? Did they shift?

5) What was required of you as you explored this zone? Did anything surprise you?

6) Take three deep breaths, smile and go about your day.

I'd love to hear what you discover as you engage in this short, improv practice to move into the Zone of Exploration. In addition, I'd love to share your experiences in the next newsletter. You can e-mail me at: drchris@Q4-Consulting.com