

Pacemaker Reflection Worksheet

Fast Focus. Fearless Play.

Before We Begin

Rate your confidence in making decisions during a game:

Low Confidence 1 2 3 4 5 High Confidence

What Usually Slows Me Down? (Check all that apply.)

- Reading the card
- Evaluating multiple hands
- Deciding what to discard
- Tracking exposures
- Fear of making a mistake
- Worrying about what others think
- Remembering the rules
- Other: _____

Which of These Challenges Affects You Most?

- Information Overload
I feel overwhelmed by the amount of information I need to process.
- Fear of Mistakes
I hesitate because I'm afraid of making the wrong decision.
- Too Many Hand Options
I struggle to commit to a direction.
- Lack of a Decision Framework
I don't always have a clear process for making decisions.

Reflection

When the timer starts and I feel pressure, what is usually happening in my head?

My Goal for Today

What would you like to improve?



After We Finish

Rate your confidence making decisions during a game:

Low Confidence 1 2 3 4 5 High Confidence

What Slowed Me Down Most Often Today?

- Reading the card
- Evaluating multiple hands
- Deciding what to discard
- Tracking exposures
- Fear of making a mistake
- Worrying about what others think
- Remembering the rules
- Other: _____

What Improved?

- I made decisions faster.
- I felt less pressure.
- I trusted my instincts more.
- I committed to a hand sooner.
- I worried less about mistakes.
- I used fewer tokens than expected.
- I stayed focused longer.
- Other: _____

Looking Back

Which of the Four Causes of Slow Play affects you most now?

- Information Overload
- Fear of Mistakes
- Too Many Hand Options
- Lack of a Decision Framework

One Insight I Learned Today

One Thing I Will Practice Next Time

Final Reflection

What surprised you most about your pace of play?

