



CAN WE STOP TRYING TO CONTROL ALL OF IT?

Shane and I talk about pressure, purpose and where we put our energy. His experience comes from sport, but there's plenty to think about when we're facing a meeting, a new chapter or something we're nervous about trying.

Shane Watson and I chat about pressure, purpose and what's in our hands.

HOLD WHAT'S IN YOUR HANDS.

01 WHAT COMES NEXT WHEN THE FAMILIAR ROLE ENDS?

Shane talks about retirement, purpose and where to put his energy next. Leaving a role we know isn't only a change to the diary.

02 WHAT CAN YOU ACTUALLY INFLUENCE?

Shane describes separating what he brings to a situation from the factors he can't control. That's where he redirects his effort.

03 TRYING HARDER CAN COME WITH A LOT OF PRESSURE.

Shane reflects on working hard and placing heavy pressure on himself. Fear of mistakes could get in the way of the performance he wanted.

04 FIND SOMETHING THAT BRINGS YOU BACK.

Shane talks about noticing an unhelpful thought and using an anchor, including a song. It helps him redirect attention towards how he wants to perform.

05 SOMETHING WENT WRONG. THAT DOESN'T MAKE YOU A FAILURE.

We talk about learning from an error and adjusting for another attempt. There's a difference between something going wrong and making it your whole identity.



WORK OUT YOUR BEST VERSION.

More useful bits from the conversation, each with one way to use it.

Pick the one that fits your week.

06 DEFINE YOUR BEST SELF BY ROLE

Shane defines how he wants to show up as a friend, a partner and at work. Specific behaviour beats a vague ideal. **Try it:** Write how you want to act in one role: actions, thoughts, body language.

08 ASK SOMEONE TO TAP YOU ON THE SHOULDER

Even teaching mental skills, Shane misses his own overthinking. His wife reminds him. **Try it:** Ask someone you trust to gently flag when you're overthinking.

10 FOLLOW THEIR INTERESTS

Shane never pushed his kids towards his sports. He followed what interested them and helped when asked. **Try it:** Ask your child what interests them, and whether they want your help.

07 DREAM, THEN WORK BACKWARDS

Shane picks a realistic goal for the year and works back to daily actions, including recovery and help with missing skills. **Try it:** Choose a goal; name one daily action, one recovery need and one source of help.

09 LESSONS CAN WAIT

A big setback can take time to process before you can ask what it taught you. **Try it:** Give yourself room after a setback; look for the lesson when ready.



LET GO OF THE REST.

A small reminder helps.

1 THINK OF SOMETHING COMING UP.

A meeting, a tricky task, a new activity. What can you influence? What sits outside your control? Put the two on paper.

2 PICK A LITTLE REMINDER THAT HELPS.

Listen. Prepare. Slow down. Choose a cue for the action you want to take, and keep it specific to your situation.

3 COME BACK TO WHAT HAPPENED.

What helped? What would you change next time? Look at the actions you took, as well as the result you got.

ONE THING BEFORE 50. OR STARTING NOW.

Try putting your effort into what you can influence in one ordinary situation. Then come back and ask what you learnt.

OVER TO YOU

The situation I'd like to approach differently is...

The action I can influence, and my reminder...
