

# Juggling Life & Lesson Plans

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What are some of the plates you spin/ balls you juggle?

## How to Juggle Like a Pro

1. Juggle intentionally—not \_\_\_\_\_

2. Start by \_\_\_\_\_

3. Relax and \_\_\_\_\_ what you want to happen.

4. Focus on \_\_\_\_\_, not the catch!

5. \_\_\_\_\_ between each throw.

6. Hold each "ball" \_\_\_\_\_

7. Focus on what you can \_\_\_\_\_

8. Realize that \_\_\_\_\_ is inevitable.

9. Remember that this takes \_\_\_\_\_ and \_\_\_\_\_