

Race to the \$5 Big Blind Podcast Ep# 65

“Are the Games There Really That Good.”

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Exercise 1: The “Three Hands I Loved” Review

After every session, write down three hands you *enjoyed* playing.

Then ask: **What do these hands have in common?**

Exercise 2: The “I Always...” List

Write down sentences that start with “I always...”, for mistakes you constantly find yourself making.

Examples:

- “I always call too much.”
- “I always hesitate on rivers.”
- “I always get excited when I flop a draw.”
- “I always try to see cheap flops.”
- “I always avoid big pots.”

These are style seeds. They reveal your tendencies before you even try to fix them.

Exercise 3: The Comfort Zone Test

Ask yourself: Which spots make me feel energized, and which spots make me feel anxious?

Then ask: **Why?**

