



Meditation for the Busy Mind

- Set a 10 minute Timer
- Sit up comfortably with hands on lap
- Close your eyes
- Count on the inhale, suspend, count on the exhale
- Focus on your breath
- When your mind wanders, bring it back to your breath

Pre-Practice Mindfulness Exercise

B	R	A	V	R
Breathe	Release	Affirmation	Visualization	Reset Word
Proper breathing (long, steady, and full belly breaths) centers and grounds you. Focus on breathing quality over quantity.	Negative emotions (e.g. fear, worry, anxiety, regret, self-doubt) drag you down and hinder performance. Release negativity as you exhale each breath slowly through the mouth. <i>For example: Envision negativity as a cloud of color that you are blowing out and away from you.</i>	Defining and affirming goals in the present tense builds up self-confidence both consciously and subconsciously. Make goals specific, positive, and personal, using active verbs and uplifting language. <i>For example: "I am a confident player who works hard to improve my focus every single day."</i>	Create a mental environment based on your personal affirmation. Use all five senses — sight, sound, smell, taste, and touch — to envision the scene in great detail.	Your reset word serves as a trigger and allows you to better control negative thoughts and emotions. Choose and repeat a word that you find empowering. <i>HINT: Some of our favorites are: lion, centered, relax, tough, unstoppable, relentless, and confident.</i>

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