

High Performance Coaching – Clarity Chart & Tapping Exercise

SELF:

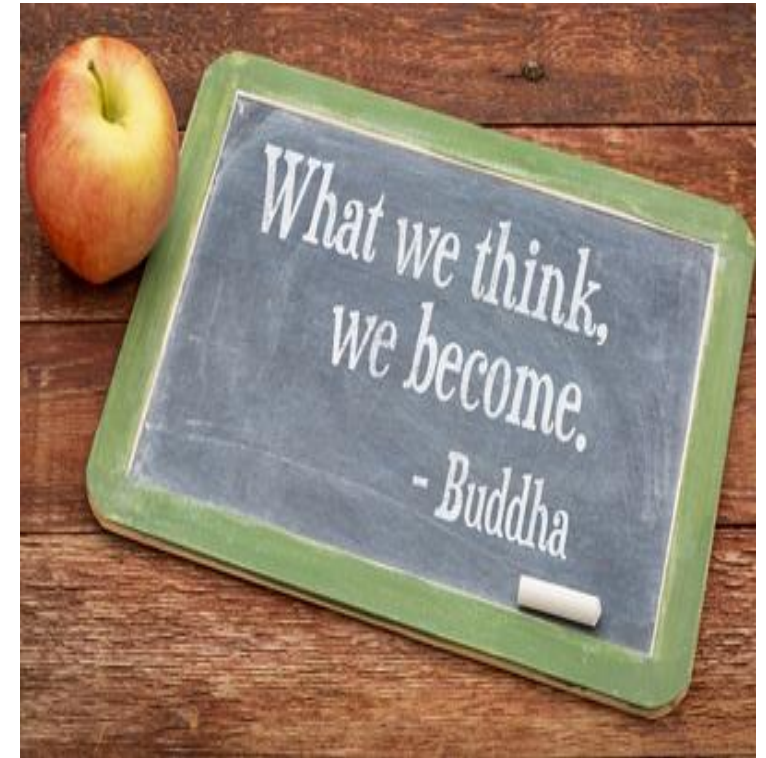
The 3 words that will now define the best of who I am and that I will use to guide my personal life, including my thoughts include... **Mine Are:** Motivating, Inspiring, Empowering

INTERACTIONS:

The 3 words that will now define and guide how I will engage and treat others whom I meet in life, including my loved ones and strangers, include...**Mine Are:** Caring, Attentive, Appreciative

SUCCESS MARKERS:

The 3 words that will now remind me of what it is that made me most successful and will make me even more successful, include... **Mine Are:** Clarity, Determination, Consistency



Keep yourself on track
- set phone reminders!!!

New Thoughts - New Actions - New Results



High Performance Coaching (RECAP) – Qigong for Energy & Focus

Phase 1



Phase 2



Phase 3



Phase 4

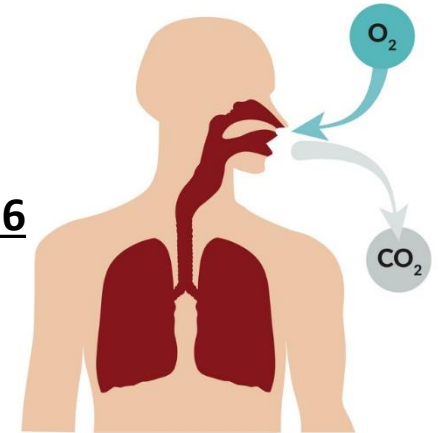


Warning: One of these exercises involves standing on one leg, which may not be suitable for you if you have poor balance or if you're currently overweight, or if you suffer from any condition that could make this exercise a risk for you. Always consult your doctor before starting any new exercise routine!

Phase 5



Phase 6



New Thoughts - New Actions - New Results





1. If you had to describe how your mindset made you successful to a person who you were mentoring, how would you describe it?
2. What's one belief you could adopt about yourself that would make you feel more happy and confident?
3. Do you ever find yourself focusing too much on negative thoughts or your faults?
4. If so, when does that happen and what are those thoughts and faults?
5. How are they affecting you?
6. What could you do to create a healthier, more positive psychology in life?
7. How could you make that a habit?





The following 3 actions aim your mind and provide the fertile ground for developing a more engaged and consciously-directed mind.

1. Focus on (and Live From) Your Strengths Not Limitations:

In the last 50 years the field of psychology has taught us to focus almost exclusively on what is wrong with us, our maladies and disorders. Many of us focus more on our limitations and problems than what makes us strong, and limitless. It's time to re-engage and focus on what makes you remarkable.

1. My weaknesses and limitations that I have overly focussed on include.....
2. My 5 top strengths in life include.....
3. If I lived from these top strengths more often and with greater focus, these things would change in my life.....
4. The way I'm going to remind myself of my strengths and live from them more often is.....





2. Use the Power of Questions to Direct Your Mind:

Questions aim our focus. Most people know this but still ask themselves disempowering questions when chasing their dreams or interacting with others. Let's direct the power of your mind by choosing 5 questions you could ask yourself every day to elevate your mood and life experience.

The 5 Questions I Could Ask Myself Every Single Day - that would put me in a positive mood and direct my focus for the day positively are:

1.
2.
3.
4.
5.

The way I'm going to remind myself of these 5 questions every day is to.....





3. Control Your R.W.I.D – Relative Weight of Importance and Duration:

R.W.I.D stands for “Relative Weight of Importance and Duration”. The concept explains that for any given thought we have in our minds, we assign it a level of importance (eg pay attention to it or not, assign emotion to it or not) and we focus on it for a given amount of time (duration). The more importance we give a thought, and the longer we focus on it with importance, the more “real” it becomes in our minds and the more our unconscious repeats the thought to us. The good news is we can wield control over this process and choose to give empowering thoughts more importance and longer duration of contemplation.

1. The thoughts that deserve more importance on my “mental dashboard” each day include.....
2. The next time I spend too much time giving trivial or disempowering thoughts too much weight and time, I’m going to immediately.....

