

# Holding on to your energy

Be mindful of your mind. Would you be "getting something over with" if you knew you were going to rock it?!

Do your mindset practice in the morning. Listen to uplifting music, repeat your affirmation, and stay in the zone.

Lead with your heart, let your mind follow.

## Protect Your Energy

See and feel a golden bubble surrounding you. Your light and positive energy can flow out, but it is a one-way bubble. Negativity cannot get in.

When you see other people going to limiting (negative) emotions, notice it like you are watching a show..."oh, they are just doing their "stuck" thing again" When you notice people's behavior patterns it is easier to separate yourself and not let them impact you.

## Reset Strategies (alternate to windstorm)

1) Shredder-When the memory pops up turn it into black and white, no sound or emotion, like a boring movie. Imagine it on a piece of paper and put it through the shredder.

2) When the thought of the outcome you DON'T want pops in your head (or even the emotions of it (fear, anxiety, leveling down), turn it into black and white and paint a big red X over it.

Now, in both these practices you have a clean slate. Immediately visualize your ideal performance in full color, pulling in all your senses and emotions.

The Formula: See (use all your senses), Feel (focus on your heart), Believe!

