

Letting Go...

Know our brain focuses more on negative memories. You need to direct it to let them go. You own your mind; it does not own you.

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) Take the memory, turn it into black and white with no sound/senses or emotion, hold it in front of you as if on a piece of paper. Feel a strong wind like a vacuum pulling from behind you pulling hard on the paper until you can't hold on any longer. Let go and imagine the memory sucked behind you with such force you could hear it sucked away, whooshing behind you so fast the memory and feelings are gone, leaving you in peace to design your new future.

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

How does it feel to overcome, conquer your routine and prove to yourself what you can do?

If it persists: Use Happy Spots for Exposure Therapy

Start: Recall the memory and emotion that went with it

Reset: "I'm feeling_____ and my brain needs a reset, I'm choosing something different."

I Am: Say your affirmation with power and emotion.

Memory: Recall your last performance where you felt powerful and confident.

Happy Spot: Visualize your ideal outcome of your next performance.

SEE it, FEEL it, BELIEVE it!

Do the hard thing first to remind your mind that you've got this!

