

Quick Resets

Looking up

- 1) Look slightly up into the distance.
- 2) Take 3 deep breaths into your belly, down to your toes.
- 3) Feel the air and space around your body as love surrounding you. Breathe it in and feel it supporting you inside and out.
- 4) Repeat your affirmation in your head (or aloud) and pull up the emotions that go along with it! Know it is true. This is who you are.

Head and Heart

- 1) What is your head telling you?
- 2) Put your hand on your heart. What is your heart telling you?
- 3) Take 3 deep breaths into your belly, down to your toes.
- 4) Focus on your heart and what it is telling you.
- 5) Recite your affirmation and feel it in your heart.

What result do you want?

If you knew you were going to succeed, what would you think and feel when you are getting ready to perform or complete that activity/task? Practice feeling confident, excited, and grateful while anticipating the activity. Practice like you are winning. Look at the challenge before you feeling confident and happy. It is allowing you to develop and grow and believe in yourself and overcome doubts.

When practicing, **DO THE HARD THING FIRST** like you are conquering it! When you put it off or procrastinate, you are telling your brain your goal is something to avoid.

SEE it, FEEL it, BELIEVE it!

