TALK YOURSELF INTO PEAK PERFORMANCE

Being your own best friend benefits your emotions, your confidence, your energy level, and helps your focus and coordination, too.

Support yourself through positive self-talk—self-talk that's specific to what you're doing.

Here are two types:

1. Instructional self-talk.

Walk yourself through a task as you perform it. If you're practicing marksmanship, for example, you could remind yourself to "take aim; straighten elbows; lock on to the target; shoot." If it's a complicated task with a lot of steps, number each step as you go.

2. Motivational self-talk.

Keep on track or get through challenging situations with positive self-talk. Statements such as "I can do it!" or "Let's go!" are examples of self-talk that motivate you and pump you up for action. Statements such as "Get yourself under control" can release anxiety in tense situations. Try repeating the word "focus" to help you concentrate on what you're doing.





GIVE UP WORRYING FOR PEAK PERFORMANCE



A bit of nervousness can prime you for action when necessary. But if thoughts such as "What if" or "I can't" are holding you back, your performance will suffer. Don't let excess anxiety get between you and peak performance. Steady your mind with a few simple techniques.

- Don't let worry eat away at you all day or night. Set aside time to worry. Once the time is up, get on with your life.
- Figure out if the problem is something you can fix or if it's out of your hands. If it's something you can't control, move on.
- Accept uncertainty. Don't let worrying about what could go wrong keep you from

- enjoying life. Focus on what you can control rather than what you can't.
- 4. Challenge your anxious thoughts. Develop a balanced perspective by questioning them. Don't accept them as fact examine and challenge your fears.
- Practice mindfulness.
 Stay focused on the present instead of worrying about the future.
- 6. Be aware of how others affect you.
 Surround yourself with people who can help you gain a positive perspective.







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