

CRAFTING A WINNING RITUAL

– WORKSHEET –

What's the best way to MAXIMIZE your M.A.P.?

If you're setting aside time for your Daily Mindset M.A.P., don't you want to make the most of it?

In this Session, we'll explore some tips to create a winning environment and maintain high-quality focus so you can make sure the time you invest pays off.

GOAL + FORMAT

- A daily practice of _____ thinking and visualization to help you _____ on track.
- 10-20 mins of reading and thinking with minimal _____ and maximum _____.

KEY INGREDIENTS

- TIME: Morning, evening, lunchtime - When are you most _____ to be _____?
- PLACE: Anywhere you won't be distracted by _____ or _____!
- SETTING: Comfortable _____, _____, and _____ / _____.
- POSTURE: Sit/Stand up _____! Speak _____ with _____.

THE PROCESS

- FIRST: Relax and _____ (4 in, 4 out). Focus on being in the _____.
- SECOND: Read and _____. Cover your document carefully, engage as needed.
- THIRD: Close your eyes and _____. Imagine the touch, taste, smell and sound.

Remember: Discipline, Consistency & _____!