



The Peak Performance Hypnotist

Three Steps to mentally program yourself to get the results you want:

Goal

What you focus on expands. Identify what you want, write it down and review it daily. If you don't ask for what you want, you won't get it. Remove the words "try", "can't", and "but" from your vocabulary and commit to achieving your goal. Be bold. Dream Big.

Aim high and **Make Magic Happen!**

Pretend

Your imagination is one of the most powerful tools you possess. All of your results are first created in your imagination. Spend 5-10 minutes a day mentally rehearsing and imagining your ideal result to help you develop confidence and faith in achieving your goal. Engage all of your senses while imagining that you have already achieved your goal.

Act as if and **Make Magic Happen.**

State-management

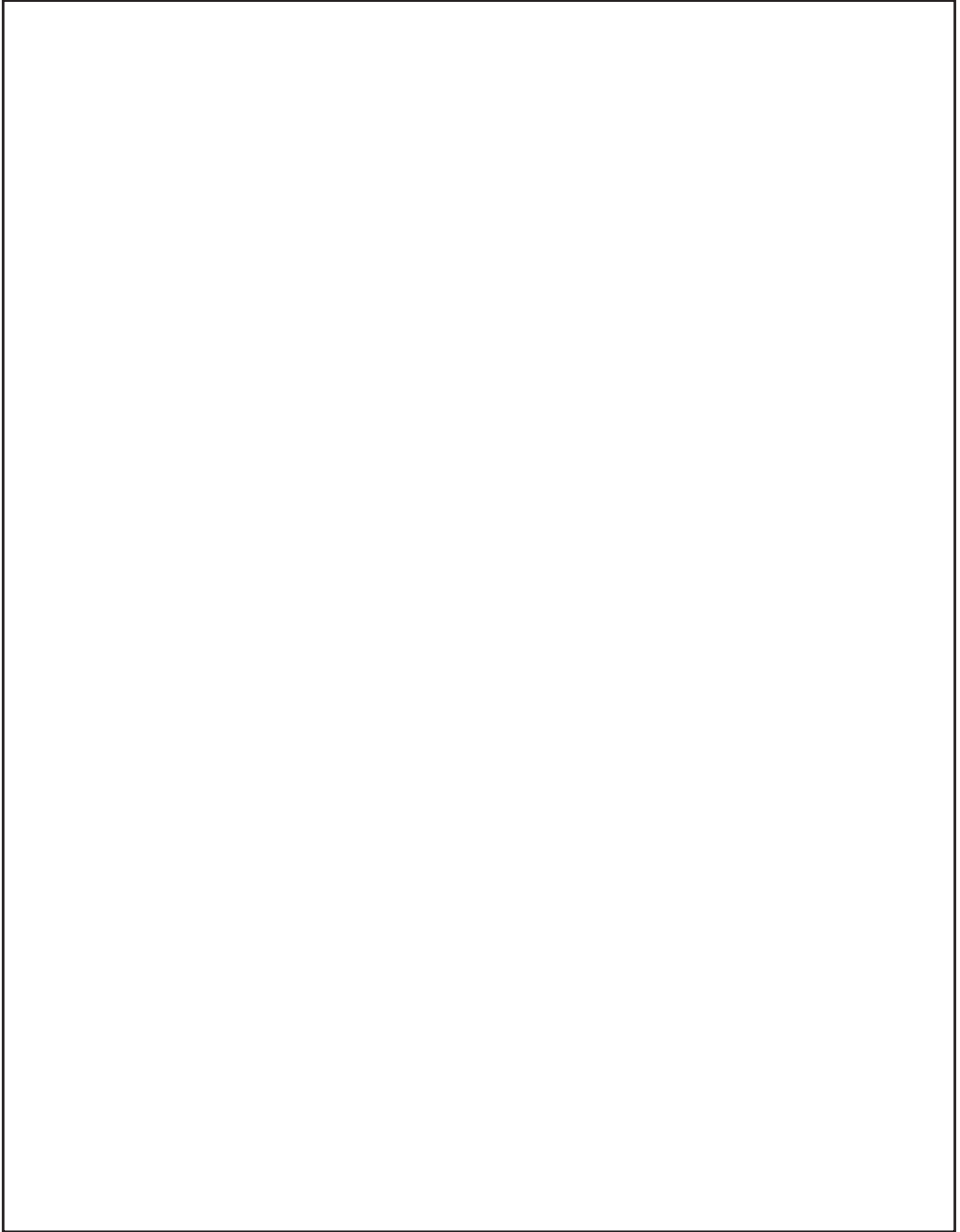
Your emotions are the most powerful forces that you have within you. How you perform depends on how you feel. How you feel depends on what you are focusing on and how you are moving your body. Anytime you feel disempowered, take a deep breath and choose a powerful, positive thought or affirmation that moves you in the right direction.

Choose to feel good and **Make Magic Happen!**

Follow your GPS and **Make Magic Happen!**

Make Magic Happen!

Notes:

A large, empty rectangular box with a thin black border, intended for the user to write their notes. It occupies the central portion of the page.

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