

Joseph Dowling, M.S., LPC

HOW TO ACCESS AND MAINTAIN YOUR PEAK PERFORMANCE ZONE

EXTREME SELF SUPPORT



PERSONAL HISTORY OF SUCCESS

FUTURE MEMORIES OF SUCCESS

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PEAK PERFORMANCE

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Create your Peak Performance Zone

- 1) Close your eyes and take 5 very slow, very deep breaths
- 2) Transport yourself back in time to your personal history of success. Revivify and magnify your best moments and experiences in your sport, art, profession, or in the game of life.
- 3) Feel the power of your most self-supportive voice. The very same voice you utilize with friends, family and teammates.
- 4) Transport yourself into future memories of success, vivify and magnify yourself achieving goals, being extraordinarily focused and confident. Experience the future memories as if they were now.

Experience your peak performance zone for one minute or as long as you like.

Clients are made personalized MP3 recordings that allow them to more readily and effectively access and maintain their peak performance zone.

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