Mental Rehearsal

See
Hear
Feel
Smell
Taste
DO

Strategic Relaxation
Mental Training Techniques

1. Go to your Mental Foxhole (Retreat in Your Mind)
2. A Mentor to Model, A Mentor to Talk to
3. FOCUS on one task at a time
4. Give Yourself a Physical Break
5. Give Yourself a Humor Break
6. Nip Dread in the Bud
7. Exercise
8. Perspective vs. Drama

Deep Breathing:

1. Get in a comfortable place.
2. Go to your Retreat in Your Mind.
3. Breathe deeply, slowly, through your nose.
4. With each breath, concentrate on the sensations — tune into your breathing, tune out left brain thoughts.
5. Visualize yourself calm and in control. Affirm “Calm Body, Calm Mind; Calm Mind, Calm Body.”

Courage

To Assess
To Stumble
To Change
To Ask for Assistance
To Act
The New Psycho-Cybernetics

Key Point Reminder Card

Stop Anger

1. Accept Negative Events
2. Stay Calm (Perspective vs. Drama)
3. Focus on Next Opportunity, on the Task At Hand

Use:
Step In, Step Out
Calm Mind, Calm Body

Sense of Direction
Understanding
Courage
Charity
Esteem
Self-Confidence
Self-Acceptance

How To Program Your Automatic Success Mechanism

1. Sense of Direction
2. Mental Imagery
3. Affirmations Combined with Mental Imagery
4. Avoid Negative Language of Willpower
5. Cancel Negative Programming
6. Convert Weaknesses to Be Fixed to Strengths to Be Improved
7. Use Visual Psychological Triggers
8. Create a Success Environment
9. Train Yourself to Manage Anger
10. React Positively to Negative Feedback