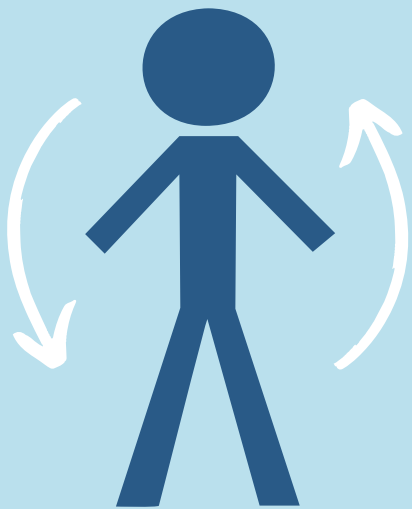


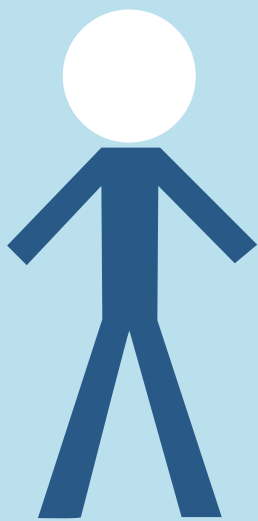
IT STARTS AT THE TOP!

WHERE IS YOUR HEAD?



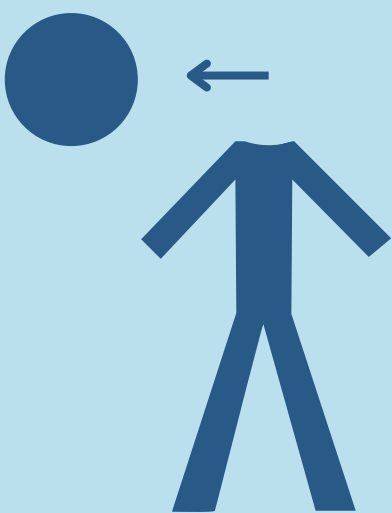
1) MIND AND BODY

If we want to perform at our best, our mind and body must work together! What systems will you set up keep your head working with your body!



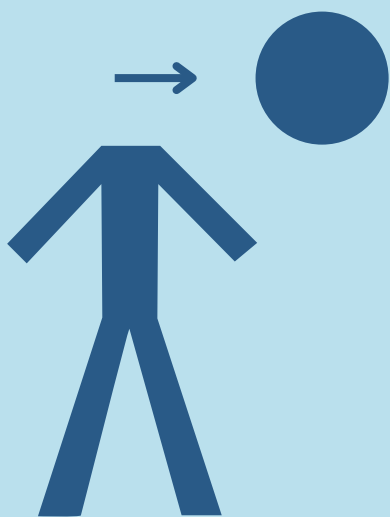
2) OUR BODY

Our body always moves in the present! It can only work on this task, not the one it just did or the one it may do!



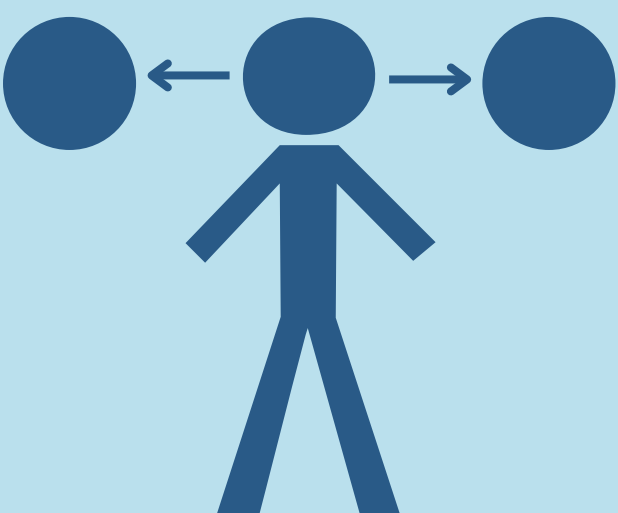
3) OUR MIND - PAST

Our mind is the only part of us that can be in the past! In past thoughts, we often focus on frustrations, anger and annoyances from past experience. Allowing our mind to be in the past game slows us down!



4) OUR MIND - FUTURE

Our mind is the only part of us that can be in the the future! In future thoughts, we often worry about what might happen and ask "what if?". Allowing our mind to move to the future makes the game feels fast!



5) PAST- PRESENT - FUTURE

Our head floats between time zones! The result is inner chatter, lack of focus, tight muscles, slower reactions and the inability to give attention to what's important now (WIN)! What tools can you use to keep your head?