

Winner's Circle Coaching

www.winnerscirclecoachig.com

10 PEAK PERFORMANCE TIPS

1. Winning is the science of being totally prepared!
2. What you think is reflected in what you do; the body does what the mind thinks.
3. View things as familiar or unfamiliar rather than difficult or easy.
4. If something seems hard, tell yourself that you haven't yet discovered the simplicity of it.
5. Focus on Performance Goals, not Outcome Goals.
6. Learn how to identify when you are distracted, center yourself and re-focus, then go back to your task.
7. Be SMART about goal-setting: Specific, Measurable, Acceptable/Adjustable, Realistic, Time-phased.
8. Don't fight old habits, start new ones.
9. View mistakes as opportunities for learning and growing.
10. Observe yourself with detached, non-judgmental interest