

Your High-Level Performance



Each of us is capable of so much more than we know.

We are capable of the **extraordinary**. This guide offers exercises to help you level up in whatever realm is most important to you – whether that's excelling in your work or sport, bringing more commitment to a creative pursuit, or being a better parent. Explore tools and strategies that are known to activate learning and growth, to support you in being and becoming your best.

Principles and Practices of High Performance:

CLARITY around what you're after and why

FOCUS and the ability to manage distraction

Deliberate PRACTICE with increasing levels of challenge

Activating FLOW states

Harnessing your STRENGTHS and your INDIVIDUALITY

Enlisting the SUPPORT of others

Cultivating the EMOTIONAL STATE that supports your high performance

Managing your ENERGY

Practicing SELF-CARE

Questions for self-reflection

1. Where in your life do you want and need to perform at a high level?
2. What kinds of things get in the way?
3. What do you need to do *less* of – or say no to?
4. What does focused, deliberate *practice* look like for you?
5. What time of day are you most focused, clear, and productive?
6. When do you experience *flow*? (A state of complete absorption with what you're doing.)
7. In what ways can you build increasing levels of challenge into your practice?
8. What are your unique strengths and gifts? What words capture who you are at your best?
9. Who inspires, supports, or challenges you? What kind of support do you most need?
10. What *emotional state* supports your high-level performance?
11. What *energizes* you? What helps you recharge? What are the self-care practices that support you in feeling your best?
12. What actions can you commit to in the days ahead?

Visualization activity

Set aside 10-20 minutes free from distraction. If you like, you can incorporate inspiring music or a favorite essential oil – whatever helps clear your mind and allows you go inward. Begin by closing your eyes and feeling the sense of your body being connected to and supported by the ground beneath you. Breathing slowly and deeply, completely present to yourself in the moment.



Bring to mind a time in the past when you were performing at a high level. As best you can, try to recall the 'felt' experience: the butterflies or sense of flow... Stay with it for a minute or two.

Now consider an area of your *current* life where you want to reach a new level – whatever that might be for you. Picture yourself being fully engaged and really 'on'. As vividly as possible, seeing yourself at your best, and performing at a high level. Tuning into the sights and sounds, noticing the sensations and feelings. Stay with this felt experience for a few minutes, breathing it into your entire being.

By visualizing in this way, we are building new neural pathways, expanding our sense of who we are and what we're capable of.

When you're ready, bring your attention back to the body and the breath. Feel the sense of aliveness that's within you, remembering that you are capable of so much more than you know. *You are capable of the extraordinary.*

This is a visualization you can bring into your daily routine, for example when you first wake up or just before you go to sleep. Even a few minutes a day can be a powerful and transformative practice.