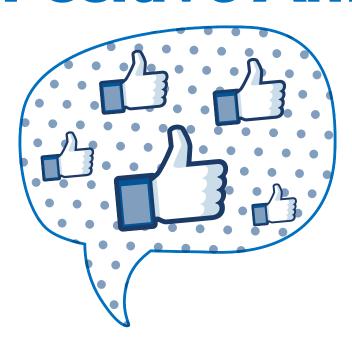
## Peak Performance Techniques

Visualization

Play out a sequence of events as a mental movie



## **Positive Affirmations**



Repeat positive statements to yourself until they become a part of you.

Supercharge Your Physiology

Adopt power poses, exercise, listen to music and laugh to build your confidence and energy stores.

