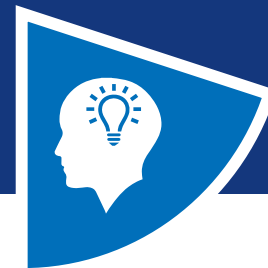


Think Clearly TO PERFORM BETTER



The Power of Thinking Clearly

- > Helps you stay relaxed
- > Gives you more energy
- > Helps with sports, music and other performances
- > Enhances concentration
- > Improves learning
- > Improves moods
- > Lowers stress and anxiety

Thinking about Thinking

By thinking clearly and focusing your mind, you will be able to function at a higher level in everything you do. The challenge is that because we are working with the brain and the mind you have to practice and be consistent. The research shows that

if you practice focusing consistently you will end up changing the structure of your brain, and that it will be easier to concentrate, live in the moment, problem solve and ultimately reach your potential.

Think Clearly to Perform Better

We often think that working “harder” is the key to success. Tension makes us feel like we’re working hard, but it leads to distress, decreased circulation, bad moods, fatigue and poorer performance. Optimal performance can be achieved with minimal stress and tension despite being faced with overwhelming challenges.

Highly successful people increase their energy output to go “faster or better” but not “harder.” Adopting the high-energy, low-tension approach to life will enable you to perform better and reach your potential. We need to apply energy to a task in a focused way while staying as relaxed and tension-free as possible.

