

Power Rituals

Performing these Power Rituals daily and as needed (they could be adjusted slightly for use just before or after an important event, respectively) helps train your mind to start and end each day and each important challenge in a positive, powerful “performance zone” state.

The Morning Ritual

When you awake in the morning, the first thing you will do is drink a large glass of fresh water, and then sit comfortably with your journal in a quiet space—preferably one dedicated to your reflective and visualization work—and ask yourself the following empowering questions. Write down whatever comes up.

What and whom am I grateful for today?

What am I excited about and looking forward to doing today?

What is my purpose, and do my plans for today connect me to it?

How can I move the dial toward my goals today?

To whom can I reach out and serve or thank today?

Are my goals still aligned with my purpose?

Next

Spend a minimum of five minutes Box Breathing, then spend a minimum of five minutes in mindful movement (I do up to an hour some days).

My preference is yoga, but tai chi, chi gong, or a short mindful walk will work. Finally, before you start your day, review your Daily Focus Plan. Make any adjustments to ensure it's in alignment with the answers to your morning questions, and block time in your schedule for key project work or training.

Was I “on” and in the zone today or “off ” and unbalanced?

What contributed to this feeling?

What were the top three positive things I accomplished or that happened today?

What did I learn from them?

Are there unsolved challenges I would like my subconscious mind to help me solve tonight?

What went wrong today and what is the silver lining?

The Evening Ritual

Before you settle in for the night, sit comfortably with your journal in a quiet space—preferably one dedicated to your reflective and visualization work—and ask yourself the following empowering questions. Write down whatever comes up.

Next

Now enter a meditative state using deep or Box Breathing, and then enter your mind gym in order to review your major goals and continue your ongoing visualization work.

While in your mind gym, put any questions or problems that are bugging you to your counselor or to your subconscious. Pay attention to your dreams and any waking thoughts the next day—the answer will usually be there for you.