

Flow State

Quickly Enter the Zone

mindpersuasion.com

Instructions

Listen with headphones and eyes closed. Visualize any situation where you are operating at one hundred percent efficiency, either mentally or physically. See yourself perform with perfect concentration and focus. See yourself getting admiration and recognition for your level of concentration, focus, and effortless performance.

Tips for Success

Keep a daily journal and record any objective evidence that you are becoming more and more efficient and effective while performing any complicated task, either physically or mentally. Write down any positive comments you receive from others regarding your performance.

Please visit our forum to share your successes, or to ask any questions:

mindpersuasion.net

Affirmations

I enter the flow state at will

I am one with my body

I am fluid and efficient

I am focused and present

I perform at high levels

I perform at maximum levels

My body heals quickly

my body responds quickly

my body is an efficient engine of power

my body contains unlimited energy and strength

my body works effortlessly

I have incredible grace and power

I have incredible stamina and presence

my body knows what to do before I do

my body behaves with perfection and grace

my body is the center of the universe

my body predicts and counters my opponents moves

my body predicts and behaves without conscious thought

my mind body system is elegant and perfect

my mind body system is efficient and powerful

my mind body system blends matter and energy

my mind body system flows with pure energy

my mind body system responds with the speed of thought

my mind body system is unbeatable

my mind body system is an expression of universal
intelligence

my mind body system is a demonstration of spiritual
enlightenment

my body heals rapidly and effectively

my body responds with amazing force and power

my body is a self healing machine

my body is a self healing work of art

my mind body system is a flow of perfect energy

You enter the flow state at will

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