

Peak Performance

Maximize Your Potential

mindpersuasion.com

Instructions

Listen with headphones and eyes closed. Visualize any situation where you are performing any mental or physical task as effectively and efficiently as possible.

Tips for Success

Keep a daily journal and record any objective evidence that you are increasing your effectiveness in all areas. Write down any positive comments others make.

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

mindpersuasion.net

Affirmations

I reach my potential

I maximize my output

I am the best I can be

I am always getting better

I achieve peak performance

I easily achieve peak performance

I am a peak performer

I'm always improving myself

I maximize my success

I maximize my accomplishments

I maximize my behavior

I am operating at one hundred percent

I maximize my effectiveness

I realize my potential

I expand my potential

my life is a flow of excellence

my life is on purpose

my life is an example of ideal potential

I act on purpose

I live consciously

I maximize my purpose

I live life large

I operate on all cylinders

I create ideal outcomes

I flow with my thoughts

my thoughts flow through my actions

my behavior is elegant and effective

my behavior is efficient and effective

I am always improving myself

I am always setting higher standards

You reach your potential

You maximize your output

You are the best You can be

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