

Perform Under Pressure

Continuous High Performance

mindpersuasion.com

Instructions

Listen with headphones and eyes closed. Visualize any situation where you are performing perfectly under an enormous amount of pressure.

Tips for Success

Keep a daily journal and record any objective evidence that you are becoming more focused and more independent of external forces or attention. Write down any positive comments others make about your behavior.

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

mindpersuasion.net

Affirmations

I perform well under pressure

I thrive under pressure

I am fantastic under pressure

I am more focused under pressure

I perform perfectly under pressure

my performance is enhanced under pressure

I am focused

I have massive concentration

I have massive focus

I have incredible concentration

I have incredible focus

I always think clearly

I always think correctly

I always know what to do

I always perform

I always produce

I always come through

I keep my eyes on the prize at all times

I am high quality

I am high intensity

I am highly effective

I thrive under pressure

I shine under pressure

I maximize my performance under pressure

I am an inspiration while under pressure

I am a role model while under pressure

You perform well under pressure

You thrive under pressure

You are fantastic under pressure

You are more focused under pressure

You perform perfectly under pressure

your performance is enhanced under pressure

You are focused

You have massive concentration

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