

This 4 step process will help you to:

- Focus, Focus and Focus
- Close off the outside world and get into the place where you can win at whatever you choose to do.
- Get into the right mindset

You can do this exercise as many times a week you as like. Just find a quiet space and relax into your moment of contemplation and focus. The exercise takes between **10 to 15 minutes** to do.

To do the exercise you will need to:

- Take 3 Breaths – Then close your eyes after 3rd out breath only.
- 7 more breaths making positive suggestion to relax on your out breath.
- Start the 4 step process.
- After completing the 4 steps, return to full awareness and open your eyes, or should you be ready for sleep you can just allow yourself to drift into a peaceful sleep

Are you ready?

1. Appreciate Nature

Look out at nature and connect on the deepest level and find 3 things to look at and allow yourself to appreciate nature. Connect with all your senses. (see, touch, hear, smell and taste)



2. Surround yourself with positive energy

Imagine a divine white light of protection shining on you from the top of your head moving down and covering your entire body. Being embraced inside this divine bubble of protection and healing. If you so choose you can also share bubbles of white light with whomever you choose to.



3. Ground yourself with gratitude

Focus on 3 to 5 things you are truly grateful for. Gratitude is one of the strongest powers you can have in your life. You want to grow and expand on what you are grateful for. Remember to focus on what you have and not those things you don't have. (E.g. I am thankful for not being sick, should be I am thankful for being healthy, fit and strong.)



4. Visualization

See the path you want to take in your mind. Imagine standing in front of a door leading to a movie theatre. Walk into this theatre and be seated, ready to watch your movie. This movie is about you performing the way you want to. You are the director of this movie. See yourself performing with success. As director you can make any adjustments until you are satisfied that is perfect. Play this movie a few times forwards and backwards until you feel comfortable. Then imagine how you float into that you inside the movie and then perform the actions you want again with success.



After that return to full awareness and open your eyes, or should you be ready for sleep you can just allow yourself to drift into a peaceful sleep.