

Optimal Performance

“THE ONLY LIMIT TO YOUR IMPACT IS YOUR IMAGINATION AND COMMITMENT”

DAILY CHECKLIST

M	T	W	T	F	S	S

SET MORNING INTENTIONS

How do you want to think & feel throughout the day?

MORNING QUICK COHERENCE

Pause. Heart-Focused Breaths. Elevate & Renew

PARAGON PAUSE THROUGHOUT THE DAY

In stressful moments - Pause. Heart-Focused Breaths. Elevate & Renew.

GENERATE POSITIVE RENEWING EMOTIONS

Connect with positive memories throughout the day

BREAK NEGATIVE THOUGHT PATTERNS

Replace negative thoughts with new thoughts that serve you

EVENING QUICK COHERENCE

Pause. Heart-Focused Breaths. Elevate & Renew.

REVIEW YOUR DAY AT BEDTIME

What are you proud of about today? How could you have shown up differently?

SELF-CARE COMMITMENTS