

Optimal Performance

CHECKLIST

SET MORNING INTENTIONS

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

MORNING QUICK COHERENCE

Heart-Focused Breathing. Connect with and activate a positive, renewing feeling.

PARAGON PAUSE THROUGHOUT THE DAY

When experiencing 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

Heart-Focused Breathing. Connect with and activate a positive, renewing feeling.

BEDTIME REVIEW

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

Quick Coherence

STEPS

● **STEP ONE:**

Focus attention in the area of your heart. Imagine the breath is flowing in and out of your heart/chest area, breathing a little slower and deeper than usual.

● **STEP TWO:**

Make a sincere attempt to experience a renewing feeling such as appreciation or care for someone or something in your life.

● **STEP THREE:**

Send appreciation to someone in your life

● **STEP FOUR:**

Take a few more deep breaths in and deep breaths out.

+♥ HeartMath Institute

**“WE MUST MAKE THE CHOICES THAT ENABLE US TO FULFILL
THE DEEPEST CAPACITIES OF OUR REAL SELVES.”**