

Sports Performance Enhancement

In Another Reality That You Can Choose Right Now, You Are Already A Top Performer Call 425-205-0024 for your One-On-One Sports Breakthrough with Craig You must have heard the old saying that we only use 10% of our mind's powers haven't you?

As we go through this daily life on the planet together learning many things, I wonder if you've ever had an idea that you thought would make you tons of money at the top of the professional ranks...and you were really excited about it...then you sloughed it off and told yourself to "get real" or "I better have a backup plan."

Why do some people just always seem to have good luck on the field...and you don't?

Would you rather have your reasons why you can't? Or would you rather have trophies and recruiters calling you?

Do you think that the optimum performance of your body depends on doctors? As Dr. Phil says: "How's that been working for you?"

Do you ever find yourself thinking..."If I just spend more hours practicing and working out, I'll get better" and then you can't get motivated to do either?

Why is it that 5 people can witness the same incident or event and then recount it in 5 totally different ways later in court? And down the road, their stories change even more. Can we do something with this fact to make changes in the way we think about our sport just like we change clothes? What if you could change your beliefs about your game so that you hear this from your coach: "You're finally playing to your potential"

...instead of getting in your own way like you have been? Few People Really Believe...The Most Believe That They Believe...Or Even Make Believe

And, you can you know, access your resources that you use in one part of your life to support you in your sport. Some folks say they have no discipline to stick to a good workout or practice regimen...and yet, they find discipline in spades every morning when they force themselves to get out of bed to go to a job they hate or to school on time. I Want This For You

There are 4 requisites for any change:

- Set your desired performance outcome
- Clear out mental baggage, release negative emotions, beliefs, decisions and establish your congruent values that move toward what you want and not so much away from what you don't want.
- Take action toward what you want
- Focus on what you want

The fact that you've read this far means that you are already on your path to achieving your greatness, your potential, your goals, YOUR WINS. Will you follow up? Or will you go back to what hasn't worked for you so far. "To do the same thing over and over again and expect a different result is a form of insanity"...Albert Einstein Breakthrough Successful, winning, energetic, top performing people have been found to run their minds far different than most folks. A new study based on the concept of "modelling" called: Neuro-linguistic Programming (NLP) was developed. The most successful athletes were found to do things differently than the average competitor. Modelling them led to the coding of new techniques that affect FAST RESULTS for those who are ready for it. The reason most folks are "stuck", "in a rut", or needlessly suffering is because they don't ever communicate with or even understand that they have a part of their mind we call the unconscious (or subconscious mind - same thing except the spelling). The unconscious mind is that part of our mind power that handles all things about us that are automatic, or that we don't have to think of. Things like: keeping your heart beating, healing, making that movement that is too fast to think about, repeating perfect performances for consistency, storing and repressing your memories, etc. You see, it's your unconscious mind that has that 90% untapped power within you! I want you to experience a breakthrough to reaching in and grabbing that 90% for your sport. Do you? In the breakthrough sessions, you will take care of the first 2 requisites for change as described above at that unconscious level so that CHANGE BECOMES PERMANENT. You will, with me as your guide, go through an entire process of reprogramming your own mind so that events in your past now support you and your current desires. You will learn the secrets of how to create your future. You will learn specific steps and techniques to stay on track no matter what obstacles face you in reaching your goals. You will learn how to take charge of your emotions, thoughts and states. You will learn ultimate body control. You will discover how to ENTER THE ZONE at will! You will become unstoppable! You will walk out of my office KNOWING that you are a CHAMPION! 425-205-0024