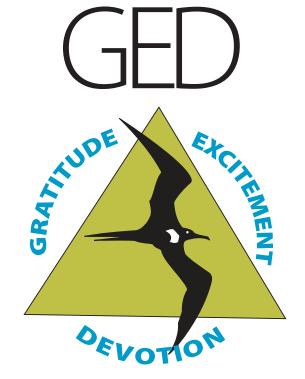


Hilevel Hawaii (HLH)



What Do Athletes Need?

(To play with heart)

The Path to Performing with Heart

Be grateful, excited and devoted.

Gratitude = Awareness of the "why."

Excitement = Acceptance of what is expected.

Devotion = Balance the Awareness of what is expected with the Acceptance of what is needed to get the job done.

Master the HiLevel Tools/Process

Performance Breathing, Mindfulness, Focus

Performance Breathing = Use your breath to settle down, be aware, prepare and execute with power and accuracy. **Mindfulness** = Select the thoughts that you should be thinking. **Focus** = Combine the thoughts and feelings that allow you to perform in the right way.

Embrace Challenges

Learn to Lose = Learn how to put your best effort on the line and accept/learn from the results.
 Stay Open = Focus on the task at hand and maintain the right attitude.
 Resolve Upsets = Reframe negative emotions and let go of the drama.

Express

Fire, Passion, Love

Fire = The energy needed to perform the essential skills with solid form, the right amount of intensity and proper technique.

Passion = The energy needed to master the discomfort, doubt and pain and achieve joy and satisfaction.

Love = The energy needed to accept the process, your coaches, teammates and the competition.

Include the Stages

Pause-Execution-Pay Attention

Pause = The time it takes to adjust your attitude, intensity and/or focus to give your best effort.

Execution = The confidence to know that you have the energy and intensity to get the job done.

Pay Attention = The ability to monitor the quality of your thoughts to maintain the confidence you need to perform at your best.

Get the Job Done

Work Hard = Work Fun

Be Accountable = You perform your role to the best of your ability. **Battle** = You give your best effort and deal effectively with any distractions and enjoy the process.

That's HiLevel!

GED is a program for learning how to be **G**rateful, **E**xcited and **D**evoted in the face of a challenge.

The HiLevel **GED** is a magical combination of power and grace, flow and serenity. Follow the process that allows you to embrace the moment and all of the blessings it has to offer.

Brad Yates

HiLevel Coaching Service

Phone: 808.295.2136

Email: hilevel@bradyates.com
Copyright ©2016 Brad Yates