



**Hilevel Hawaii (HLH)**

GED



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](mailto:hilevel@bradyates.com)

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