

BEFORE

Daily Mental/Emotional Fitness Training

Dependably achieve a relaxed body/calm mind for your consistent top performances using daily mental and emotional self-management and EFT tapping practice for downs and ups!

3-minute body/mind energy warm-up: Before workouts, practice and games:

Step 1: Centering or hook-up to help energies cross over the midline of the body

Step 2: Cross crawl (done gently 10 – 12 times) to boost energy cross over (sit or stand)

Step 3: One round (at least) tapping the acupuncture points on face, body and hands (don't worry about mental focus at this moment, unless you have something clearly on your mind—just tap the points one time around **using protocol at bottom of page**).

Questions you might try to get at what is happening **right now** with your thinking, emotions and/or physical condition related to your performance. The results you get are only as good as your **attention in the present moment**.

- What present thought/idea/belief do I have about... My music performance, artistic performance, creativity, business building, myself and my relationships **OR Substitute your language for your performance arena.**
- **Key: practice self-honesty** using the preface: "When I tell myself the truth..."
- What thoughts have "clout" in my mind? What thoughts seem stuck in my mind?
- What feeling(s) come along and where do I have the physical sensations in my body?

For working with stress or nervous tension or worry or anxiety in your body:

Mentally scan your body to discover—Where do I feel tension in my body?

Am I tight or "knotted up" in any way in my body? Remember unconscious/unnoticed physiological changes in your body mess up your physical performance.

Remember that the point of power to clear your mind/body system of negativity is in allowing the experience (feel the feelings, don't fight the feelings) to occur and tap the acupuncture points to clear the negative first; then ask, "What kind of a player/runner will I be without that thought? And **Shift your mental focus onto the specifically stated and vividly visualized performance you DO want**, ideally never on the performance you don't want.

STEP 3 from top of page...After you have noticed what is happening in your mind/body system—try the following sequence while tapping or massaging the energy points:

I'm letting go of all noticed and unnoticed tension in my mind & body; joints & muscles

I'm letting go of all noticed and unnoticed negative thought energy right now

I'm letting go of all noticed and unnoticed doubt about my upcoming performance

I'm choosing to transform this energy into a powerful performance

I'm choosing to create a laser-like focus on my true ability/abilities

I'm choosing to easily move into the flow of my performance

I'm choosing to feel calm, energetic, and focused

I'm choosing to be clear minded and open hearted throughout my performance

I'm choosing to enjoy the performance/the creativity sessions—let it be easy and fun!

Note: Please remember that you want to **choose words that have meaning to you**, any words I write are only suggestions and can be changed...we think in words, and words that are right for you instantly relax you. gw

AFTER

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Daily Mental/Emotional Fitness Training

Dependably achieve a relaxed body/calm mind for your consistent top performances using daily mental and emotional self-management and EFT tapping practice for downs and ups!

1 3-minute body/mind energy warm-up

(before workouts, practice and games)

STEP 1 Centering or hook-up

to help energies cross over the midline of the body

STEP 2 Cross crawl

(done gently 10 – 12 times) to boost energy cross over (sit or stand)

STEP 3 One round (at least) tapping

the acupuncture points on face, body and hands (don't worry about mental focus at this moment, unless you have something clearly on your mind—just tap the points one time around using **protocol** on the next page*).

2 Questions

You might try the following questions to get at what is happening **right now** with your thinking, emotions and/or physical condition related to your performance. The results you get are only as good as your **attention in the present moment**.

- What present thought/idea/belief do I have about...** my music performance / artistic performance / creativity / business building / athletic performance / myself and my relationships / OR **(your own words)**
- What thoughts** have "clout" in my mind? What thoughts seem stuck in my mind?
- What feeling(s)** come along and where do I have the physical sensations in my body?

The KEY is to practice self-honesty using the preface:

"When I tell myself the truth..."

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The KEY is to realize that the first three lines of the protocol represent the courage to admit feeling nervous and doubtful (acknowledging this is already going on in your mind/body system) ...it is NOT about being negative...

WHAT CAN EFT BE USED FOR

Although EFT is still new to the sports world, it is gaining ground due to its dependability and effectiveness. It's pain-free, side effect-free, and uses the natural energy already in your body. So you can try it for anything and everything!

EFT TAPPING CAN BE EFFECTIVE IN SPORT PERFORMANCE BECAUSE YOU WILL:

- ❖ Address mental/emotional blocks to peak performance;
- ❖ Instantly boost your energy;
- ❖ Recover more rapidly from practice efforts
- ❖ Reduce fatigue in general;
- ❖ Recover more rapidly from physical injury;
- ❖ Improve workout performances and break through training plateaus;
- ❖ Move past your comfort zones;
- ❖ Increase your physical range of motion;

- ❖ Enhance sustained attention on academic work; and more.

Daily Mental/Emotional Training in life performance

Dependably achieve a relaxed body/calm mind for your consistent top performances using daily mental and emotional self-management and EFT tapping practice for downs and ups!

Questions you might try to get at what is happening **right now** with your thinking, emotions and/or physical condition related to your athletic and/or academic performance. The results you get are only as good as your **attention in the present moment**.

- What present thought/idea/belief do I have about... My pitching? My hitting? My fielding? My base running? My throwing arm? **OR** *Substitute your language for your sport.*
- **Key: practice self-honesty** using the preface: "When I tell myself the truth..."
- What thoughts have "clout" in my mind? What thoughts seem stuck in my mind?
- What emotion/feeling comes along with my present thought(s)?

For working with stress or nervous tension or worry or anxiety in your body:

Mentally scan your body to discover—Where do I feel tension in my body?
Am I tight or "knotted up" in any way in my body? Remember unconscious/unnoticed physiological changes in your body mess up your physical performance.
gw

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3 For working with stress in your body

(nervous tension/worry/anxiety)

Mentally scan your body to discover:

- Where do I feel tension** in my body?
- Am I tight or knotted up** in any way in my body?

Remember unconscious/unnoticed physiological changes in your body mess up your physical performance.

Remember that the point of power to clear your mind/body system of negativity is in allowing the experience (feel the feelings, don't fight the feelings) to occur and tap the acupuncture points to clear the negative first; then ask, "What kind of a player/runner will I be without that thought? And Shift your mental focus onto the specifically stated and vividly visualized performance you DO want, ideally never on the performance you don't want.

4 Protocol (*for STEP 3 from top of page)

After you have noticed what is happening in your mind/body system—try the following sequence while tapping or massaging the energy points:

- *I'm letting go of all noticed and unnoticed tension in my mind & body; joints & muscles*
- *I'm letting go of all noticed and unnoticed negative thought energy right now*
- *I'm letting go of all noticed and unnoticed doubt about my upcoming performance*
- *I'm choosing to transform this energy into a powerful performance*
- *I'm choosing to create a laser-like focus on my true ability/abilities*
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- *I'm choosing to feel calm, energetic, and focused*
- *I'm choosing to be clear minded and open hearted throughout my performance*
- *I'm choosing to enjoy the performance/the creativity sessions—let it be easy and fun!*

Remember to choose words that have meaning to you, the words above are only suggestions and can be changed... we think in words, and words that are right for you instantly relax you.

The key is to realize that the first three lines of the protocol represent the courage to admit feeling nervous and doubtful (acknowledging this is already going on in your mind/body system) ...it is NOT about being negative...

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Remember that the point of power to clear your mind/body system of negativity is in allowing the experience (feel the feelings, don't fight the feelings) to occur and tap the acupuncture point to clear the negative first; then ask, "What kind of performer/creator/business person will I be without that thought?" "What kind of performer/creator/business person DO I want to be? And **Shift your mental focus onto the specifically stated and vividly visualized performance you DO want**, ideally never on the performance you don't want.

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EFT tapping can be effective because you will:

- Address mental/emotional blocks to peak performance;
- Instantly boost your energy;
- Recover more rapidly from practice efforts
- Reduce fatigue in general;
- Recover more rapidly from physical injury;
- Improve workout performances and break through training plateaus;
- Move past your comfort zones;
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- Enhance sustained attention on academic work;
- and more...!

Notes

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