



# Chasing Consistency



A Complete Performance Framework for  
Individuals and Teams Under Pressure

Brad Yates for **HiLevel!**



# CHASING CONSISTENCY

## **A Complete Performance Framework for Individuals and Teams Under Pressure**

This process is built on five integrated pillars and three team principles that work together to create one fundamental capability: showing up and performing at your best when it counts the most. It's about learning how to prepare, execute, and complete the process: aligning your thoughts, feelings, and actions with what's expected; trusting yourself to bring the passion required when it matters most; and building the mental strength to stay true to who you are under pressure.

I'm deeply grateful to all the coaches, players, friends, associates, and family who have helped and supported me throughout this journey. Their wisdom, patience, and belief made this framework possible. If you're ready for that same journey, turn the page. Your butterflies are about to learn formation flying.

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# PART ONE: THE FOUNDATION

## Introduction

You've prepared for weeks. Maybe months. Maybe years.

Now the moment has arrived—and you get exactly one attempt.

The board is waiting. The curtain is rising. The gun is about to fire. The opportunity you've worked toward is here, and there's no pause button, no second take, no chance to say "let me try that again."

This is the core challenge: **the pressure of non-repeatability**—that unique intensity that comes when you can't pause and restart.

This is fundamentally different from practice or preparation. In those settings, mistakes are learning opportunities. You can pause, adjust, and retry.

But in high-stakes moments:

- The investor meeting happens once
- The performance is live
- The race starts when the gun fires
- The critical conversation unfolds in real-time

You must be ready NOW. Not in five minutes after you "warm up." Not after a practice run. Right now.

And here's what makes this even more powerful: **you're rarely alone in these moments**. Whether you're leading a team or carrying the support of those who believe in you, high-stakes performance ripples outward. The energy you bring, the composure you maintain, the recovery you demonstrate—it all affects and is affected by the people around you.

## What Separates Consistent Performers

Most people know what to do technically. They've practiced the skills. They've learned the material. They have the talent.

What separates consistent performers from everyone else isn't more talent or harder practice.

It's **the mental framework** that allows them to access their abilities when it matters most—and recover powerfully when challenges arise. It's the team consciousness that transforms individual excellence into collective impact.

Some performers crumble under pressure. Others rise. The difference isn't luck. It's not genetics. It's not some mystical gift granted to the chosen few.

### **It's a process.**

A repeatable, trainable, systematic approach to mental performance that you can build, practice, and deploy when the stakes are highest—both individually and collectively.

## What This Document Contains

This document contains that process.

Not motivational platitudes. Not vague advice to “just relax” or “be confident.” Not another list of tips you’ll read once and forget.

This is a complete performance framework built on **five integrated pillars** and **three team principles** that work together to create one fundamental capability: the ability to show up and perform consistently when you cannot afford to fail—and to elevate everyone around you.

You’re about to learn how to:

- Position your mind before critical moments
- Maintain composure during execution
- Recover instantly from inevitable mistakes
- Continuously improve through systematic reflection
- Deploy tactical protocols when pressure peaks
- Amplify all of this through the power of team

The work ahead requires commitment. Real practice. Honest self-assessment. Disciplined application.

But the payoff is simple: you become someone who performs when it counts—and makes everyone around you better.

Not perfectly. Not without challenges. Not without mistakes.

But consistently. Reliably. Powerfully. Together.

Let’s begin.

## One Chance. Total Commitment. Together.

When there’s only one opportunity, half-measures don’t exist. Every decision, every action, every moment of preparation must be intentional.

The framework you’re about to learn isn’t just a mental tool—it’s the foundation that holds when everything else is uncertain. But frameworks alone aren’t enough. They come alive through people.

A team united by shared purpose, where communication is instinctive, where strengths complement weaknesses, and where commitment to each other is as strong as commitment to the mission—that’s what transforms good performance into exceptional achievement.

Because when the moment comes—that single chance—it’s not individual brilliance alone that carries you through. It’s the collective will, the synchronized effort, the absolute certainty that everyone is all in.

One chance. Total commitment. Together.

That’s how excellence becomes inevitable.

# The Consistency Framework: Core States

Before we explore the five pillars, understand the mental states you're building toward:

## **Before Performance: CALM • PREPARED • EASY**

Set up your mind for optimal performance without creating unnecessary tension. Build readiness from preparation, not anxiety. Cultivate ease that allows precision to emerge naturally.

The goal isn't to eliminate butterflies—it's to get them flying in formation.

## **During Performance: STRONG • BALANCED • SMOOTH • FOCUSED**

Maintain composure when challenges arise. Preserve precision through balance and smoothness. Stay present in each moment rather than projecting outcomes. Channel strength without forcing or gripping.

## **The Recovery Principle: QUICK MENTAL RESETS**

This separates consistent performers from inconsistent ones. Before performance, quickly position your mindset from whatever happened earlier to a state of readiness. During performance, instantly recover from mistakes without letting one error cascade. After completion, finish strong with mental capacity to analyze, learn, and reset for the next challenge.

Every elite performer makes mistakes. The question is: how quickly do you recover?

## **Your Target Mindset: READY • CONFIDENT • COMMANDING**

- Ready means prepared without tension, positioned without pressure
- Confident means trusting your preparation and ability to handle whatever comes
- Commanding means owning your performance, determining your outcome, maintaining agency

# PART TWO: THE TEAM PRINCIPLES

Before we explore the five pillars, understand these three principles that amplify everything that follows. These aren't separate practices—they're lenses through which you apply every element of the framework.

## PRINCIPLE 1: BE TEAM

### **Present • Connected • Supportive**

Being Team means showing up fully—not just physically, but mentally and emotionally. You're present to your own experience and aware of the energy around you. You're connected to your purpose, your preparation, and your people. You're supportive of yourself and others, recognizing that everyone's performance lifts or lowers the collective capacity.

Be Team is about **presence in community**—you're here, you're engaged, you're part of something larger than yourself.

### **In Practice:**

The emergency room is chaos. Three traumas arrive simultaneously. The lead physician's voice stays level. Her movements stay fluid. When the intern starts to panic, she makes eye contact, takes one visible breath, and nods. The message is clear: "We've got this. Stay with me." The intern steadies. The team flows.

## PRINCIPLE 2: CREATE TEAM

### **Build • Contribute • Elevate**

Creating Team means actively building the conditions for collective excellence. You contribute your energy, skills, and focus. You elevate others through composure, recovery, and commitment to the process.

Every action either strengthens or weakens the team—you choose to strengthen it.

Create Team is about **active contribution**. You don't wait for the perfect environment; you build it through your choices and actions.

## PRINCIPLE 3: LOVE TEAM

### **Care • Commit • Celebrate**

Loving Team means genuinely caring about the people you work with and the mission you share. You're committed not just to your own performance but to the success of the whole. You celebrate others' wins as eagerly as your own.

This isn't forced positivity—it's authentic investment in collective achievement. One person's success helps the collective.

Love Team is about **emotional investment**—you're all in, heart and mind, for yourself and for others.

### **Together, these three principles create a powerful truth:**

Your individual performance never exists in isolation. You always affect and are affected by the field around you. The question is whether you do this consciously and constructively.



# PART THREE: THE FIVE PILLARS

## PILLAR 1: THE GED FOUNDATION

### **GRATEFUL • EXCITED • DEVOTED**

Before you can perform, establish the mental foundation that makes excellence possible.

#### **Being Grateful**

Creates appreciation for the opportunity, awareness of your purpose and what's expected of you, recognition of your abilities, and acknowledgment of the journey itself. This positive focus generates the thoughts, feelings, and actions required in the moment.

#### **Team Integration:**

When you Be Team, this gratitude extends to your teammates, your coaches, and everyone who helped you reach this moment.

#### **Being Excited**

Generates the energy and anticipation that activate passion without tipping into nervous tension. This is controlled activation—the fuel that powers performance.

#### **Team Integration:**

When you Create Team, this excitement becomes the shared energy that pulls the team together and provides momentum to accomplish the mission.

#### **Being Devoted**

Provides the mental strength and commitment to complete the process, establishing the foundation for agency when challenges arise. Devotion is the anchor that keeps you steady when conditions become difficult.

#### **Team Integration:**

When you Love Team, this devotion encompasses not just your own excellence but the success of the collective mission.

### **The GED Foundation creates the “calm, prepared, easy” state that makes powerful execution possible—for you and for your team.**

Your calm becomes the team's calm. Your excitement becomes shared momentum. Your devotion reminds others why they're here.

# PILLAR 2: THE SCIENTIFIC PRAYER

## DISCIPLINED BREATHWORK PRACTICE

A systematic protocol that combines breathwork, visualization, and intentional affirmations to build conditioning, focus, and resilience.

## Why “Scientific Prayer”?

This practice is called “scientific prayer” because it uses repeatable, systematic methods rather than relying purely on faith or emotion. Think of it like training a muscle through deliberate practice—you’re conditioning your nervous system and mental state through a proven protocol.

## The Three Components

**Breathwork** — Controlled breathing patterns to regulate your nervous system, increase focus, and create a physiological state conducive to peak performance.

**Visualization** — Mental imagery to create clear, specific pictures of the outcomes and states you’re working toward.

**Intentional Affirmations** — Carefully chosen statements repeated deliberately to reinforce beliefs and redirect thought patterns.

## The Goals

This approach builds:

- Conditioning — Consistent mental and physical habits
- Focus — Sharpened concentration abilities
- Resilience — Mental strength and adaptability under stress

## The Practice

### Preparation (2-3 minutes):

Center yourself, release tension, and establish calm readiness through controlled breathing.

### Execution:

Practice the Wim Hof Progressive Breath-Hold Protocol—three progressive sets of deep controlled breaths with increasing hold times that build mental strength and physical capacity. (Note: Learn proper technique from certified instruction before attempting.)

### Recovery (2-3 minutes):

Return to calm breathing, acknowledge your performance, and carry the power forward. Throughout the practice, visualize yourself calm and in control. Reinforce the belief:

*“I am calm under pressure. My breath is my strength.  
I perform with clarity and confidence.”*

### Team Integration:

When you Create Team, add:

*“My composure strengthens others. My focus elevates  
the field. We perform with collective power.”*

## **The Scientific Prayer develops the “strong, balanced, smooth, focused” capacity you need during execution.**

Practice this individually to build your personal capacity, but recognize that your developed composure becomes a resource for your team. In moments of collective pressure, your practiced calm radiates outward. You become an anchor point that others can reference when chaos threatens.

# **PILLAR 3: THE “BE WITH” EXPERIENCE**

## **EMOTIONAL MASTERY**

High-stakes moments bring difficult emotions—fear, anger, doubt. The ability to be with these experiences rather than be consumed by them separates those who perform under pressure from those who collapse.

### **What “Being With” Means**

Being with an experience means you’re neither fighting it nor drowning in it. You’re present—observing it, feeling it fully, without adding layers of judgment or resistance.

Think of sitting beside a distressed friend: you’re not trying to fix them or make them stop feeling what they feel. You’re simply there, attentive and open.

This presence creates spaciousness to respond rather than react, to stay grounded when pressure intensifies.

## **In Performance**

A violinist walks on stage for the audition that could change her career. Her hands are shaking. Her heart is pounding. Instead of thinking, “I can’t be nervous—this will ruin everything,” she acknowledges: “My body is activated. This is normal. I can play while feeling this.”

She doesn’t try to eliminate the fear. She performs alongside it. The fear is there, but it doesn’t own her.

## **Team Integration**

When you Be Team, this capacity expands: You can be with your own difficult emotions while remaining present to others. You can hold space for a teammate’s struggle without being pulled into their panic. You model emotional resilience that gives others permission to feel without fracturing.

Your ability to be with difficult emotions creates psychological safety for the team. When you can acknowledge fear without collapsing, doubt without spiraling, or frustration without lashing out, you demonstrate that emotions are manageable. This collective emotional capacity allows teams to navigate high-pressure situations without implosion.

The “Be With” Experience allows you to acknowledge a mistake, feel the emotion, and move forward without fear or anger.

# PILLAR 4: THE DEBRIEF

## CONTINUOUS IMPROVEMENT

Performance without reflection is just repetition. Debriefing transforms experience into wisdom.

## The Three Elements of Effective Debriefing

### 1. Psychological Safety

Be honest without fear of blame. Look for truth rather than fault. Create space for vulnerable reflection.

#### Team Integration:

When you Love Team, this safety extends to everyone—you create space for honest reflection without defensiveness.

### 2. Structured Flexibility

Follow a systematic approach while remaining open to what emerges. Ask:

- What did you do well?
- What could you improve?
- Did you follow your process?
- Does your process still serve you?

#### Team Integration:

When you Create Team, you actively solicit diverse perspectives that reveal blind spots no individual could see alone.

### 3. Forward Focus

Emphasize what you'll do differently rather than dwelling on what went wrong. Learn from the past, but plan for the future.

#### Team Integration:

When you Be Team, you remain present to learning rather than lost in regret.

## The Calibration Effect

Without debriefing, performance drifts. Blind spots develop. Shortcuts creep in. Debriefing constantly brings you back to your standards while allowing your approach to evolve.

Small improvements, identified and implemented consistently, create exponential growth over time.

Effective team debriefs multiply learning. One person's insight becomes everyone's advantage. One person's mistake becomes everyone's lesson. When done with psychological safety and genuine care, debriefing transforms individual experiences into collective wisdom.

# PILLAR 5: THE PERFORMANCE SEQUENCE

## TACTICAL DEPLOYMENT UNDER PRESSURE

The first four pillars build your mental architecture. The Performance Sequence is how you deploy that architecture in real time—from preparation through execution to full battle conditions.

This three-phase system maps your journey from the practice room to the performance moment.

### PHASE 1: BE DELIBERATE

Prepare with Intention • Execute with Precision

This phase activates your GED Foundation in real time. Your gratitude becomes present appreciation. Your excitement becomes focused energy. Your devotion becomes deliberate action.

You're calm, prepared, easy—exactly the state the Consistency Framework positions you to access.

#### Team Integration:

When you Be Team, your deliberate preparation sets the standard. Others see your intentionality and match it. The collective focus intensifies.

### PHASE 2: FINISH

Perfect Your Performance Elements

- Form — Establish and maintain technical excellence
- Tempo and Rhythm — Find your optimal pace and flow
- Performance Breathing — Integrate controlled breathing patterns
- Sensory Focus — Tune into physical sensations and body awareness
- Passion — Express your full emotional commitment

This phase is about completing the fundamentals with excellence—where preparation meets expression.

Here, the Scientific Prayer breathwork becomes performance breathing. The mental strength you built through progressive breath holds now translates into controlled breathing patterns under execution conditions. You're deploying what you've practiced, making it real.

#### Team Integration:

When you Create Team, your finished performance elements contribute to collective excellence. Your rhythm influences their rhythm. Your controlled breathing models composure. Your passion is contagious.

## PHASE 3: BATTLE

Perform Under Maximum Pressure

- Manage Distractions — Maintain focus despite external challenges
- Battle Breathing — Use rapid, controlled nasal breathing to regulate acute stress
- Energy Return — Feel the energy cycle back to you through committed effort
- Flow State — Enter the zone where performance becomes effortless

This is where you prove your preparation—staying composed, focused, and powerful when the pressure rises.

Phase 3 demands the “Be With” Experience. You must be with the pressure, the distractions, the intensity—neither fighting them nor drowning in them. Battle Breathing is your tactical anchor. Managing distractions requires presence. Flow state emerges when you can be fully present despite difficulty.

This is where strong, balanced, smooth, focused becomes non-negotiable. This is battle.

### Team Integration:

When the team battles together, Energy Return multiplies. Your composure under fire gives others permission to stay composed. Your focus reminds them to return to center. When you Love Team, you battle not just for yourself but for everyone counting on you.

### How the Performance Sequence Integrates with the Complete System

- **Phase 1** activates your GED Foundation in real-time preparation
- **Phase 2** deploys the breathing and focus you’ve built through the Scientific Prayer
- **Phase 3** tests your “Be With” capacity when battle conditions arrive
- **All phases** feed into the Debrief for continuous improvement

You move through these phases every time you perform—and your team moves through them with you.

The first four pillars build the athlete. The Performance Sequence deploys the athlete into competition. Together, they create someone who can show up ready, execute with precision, and battle effectively when everything is on the line.

# PART FOUR: THE SPIRIT

## **ACCEPT LOVE:** THE UNIFYING ELEMENT

The five pillars create the structure. The three team principles create the connection. Accept Love provides the spirit that animates everything.

You can build mental strength, master your emotions, practice systematically, reflect rigorously, deploy tactical protocols, and show up for your team—but without love for what you're doing, consistency becomes mere grinding.

### **Accept Love Reminds You Why You're Here**

- The work itself — Not as burden, but as privilege
- The challenge — Not as enemy, but as teacher
- The reward — Not just outcomes, but the deep satisfaction of showing up fully
- The people — Not as obstacles or resources, but as fellow travelers worthy of your best

This isn't naive optimism. It's mature engagement with reality. Yes, it's hard. Yes, it's uncertain. Yes, you'll face setbacks.

And you choose it anyway because there's love in the pursuit itself.

### **How Accept Love Functions**

When pressure mounts and doubt whispers, Accept Love reconnects you to your purpose.

When success arrives, Accept Love allows you to truly receive it—and share it.

When you stumble, Accept Love makes recovery feel like resilience rather than damage control.

When your teammate struggles, Accept Love allows you to support without judgment.

Accept Love protects against burnout and relentless self-criticism. It's your reminder of what motivated you initially and what sustains you through difficulty.

### **The Exponential Effect**

When combined with Love Team, Accept Love becomes exponential: You love the work, and you love doing it with these people. You accept the challenge, and you accept that you're facing it together. You receive the rewards, knowing they're sweeter when shared.

**The system gives you the tools to perform consistently. The team principles give you the field to amplify impact. Accept Love gives you the reason to use them all.**

# PART FIVE: THE COMPLETE SYSTEM

When these five pillars, three team principles, and the unifying spirit of Accept Love work together, they create consistent excellence under pressure.

You develop the mindset to show up ready through the GED Foundation, amplified by Be Team—your calm, prepared, easy state becomes contagious.

You prepare effectively through the Scientific Prayer, enhanced by Create Team—your disciplined preparation contributes to collective capacity.

You deploy tactically through the Performance Sequence—moving deliberately from preparation through finished execution into battle conditions, supported by your team at every phase.

You cultivate emotional capacity to stay present through the “Be With” Experience, deepened by Be Team—your emotional mastery creates space for others to be present too.

You establish the discipline to learn from every experience through the Debrief, strengthened by Create Team—your systematic reflection becomes shared wisdom.

And you sustain it all through Accept Love and Love Team—genuine care for the work and the people makes consistency feel like joy rather than obligation.

This integration doesn’t eliminate challenges—it transforms your relationship with them and multiplies your capacity to handle them.

## THE TRUTH ABOUT CONSISTENCY

Consistency isn’t about being perfect. It’s about being reliable in your ability to:

- Show up mentally ready regardless of external circumstances
- Execute with strength, balance, smoothness, and focus
- Battle effectively when pressure intensifies
- Recover quickly from mistakes without losing composure
- Finish strong with capacity to learn and reset
- Elevate everyone around you through your presence, contribution, and care

Not flawless performances every time, but the steady ability to perform near your potential regardless of what challenges arise—and to help others do the same.

This is chasing consistency: building a mental framework that positions you to perform well more often, recover quickly when things go wrong, continuously improve through every experience, and amplify all of this through conscious team engagement.



# PART SIX: YOUR TURN

## THE FRAMEWORK AT A GLANCE

### The Five Pillars

#### 1. GED Foundation (Grateful • Excited • Devoted)

Establish your mental baseline and emotional readiness

#### 2. Scientific Prayer (Breathwork • Visualization • Affirmations)

Build strength, balance, and focus through systematic practice

#### 3. “Be With” Experience (Presence • Observation • Acceptance)

Master difficult emotions by staying present rather than fighting or drowning

#### 4. Debrief (Safety • Structure • Forward Focus)

Transform every performance into wisdom through structured reflection

#### 5. Performance Sequence (Deliberate • Finish • Battle)

Deploy your preparation tactically from warm-up through peak pressure

### The Three Team Principles

**Be Team** — Show up present, connected, and supportive

**Create Team** — Build, contribute, and elevate actively

**Love Team** — Care genuinely, commit fully, celebrate together

### The Unifying Spirit

**Accept Love** — Embrace the work, the challenge, the reward, and the people with genuine engagement and joy

These elements create one fundamental capability: showing up calm and prepared, executing with precision under pressure, battling effectively when stakes are highest, recovering instantly from mistakes, finishing strong every time, and making everyone around you better.

This is what separates consistent performers from everyone else.

# YOUR MOMENT

The process is complete. The framework is yours.

*"We teach best what we most need to learn."*

This truth applies equally to performance itself. When you're pursuing mastery rather than pretending you've achieved it, you bring fresh empathy for struggle, humility about the journey, and authentic engagement with the process. You're not claiming to have transcended challenge—you're demonstrating how to face it with strength, presence, and love.

And when you do this as part of a team, the impact multiplies.

Your journey inspires others. Your struggles give them permission to be human. Your recovery shows them what's possible. Your love for the work and for your teammates creates a field where excellence becomes the natural expression of shared commitment.

## The Final Truth

This is hard. That's the point. Easy things don't require frameworks.

You'll forget parts of this during your first real test. That's normal. Come back and try again.

Your butterflies won't disappear—but you'll get them flying in formation instead of crashing into each other.

You won't be perfect. You'll still make mistakes. You'll still feel fear and doubt.

But you'll have a process. A way back to center. A team around you. And love for the pursuit itself.

# NOW IT'S TIME

Accept Love. Do the work. Embrace the challenges. Experience the joy.

Be Team. Create Team. Love Team.

Find love in the acceptance of the opportunity. Find love in the process of preparation. Find love in the rewards that come from genuine commitment. Find love in the people who share this journey with you.

Love what you do. Do what you love. Do it together.

Not as platitude, but as practice. Not as escape from difficulty, but as the fuel that powers you through it—multiplied by every person who commits to bringing their best alongside you.

The system is complete. The process is proven. The choice is yours.

Now it's your turn.

# The team is ready. Are you?

# CHASING CONSISTENCY

## Quick Reference Worksheet

### Core States to Remember

**Before Performance:** Get your butterflies flying in formation with calm, prepared, and easy energy.

**During Performance:** Stay strong, balanced, smooth, and focused no matter what happens.

**Recovery Principle:** Reset quickly—before, during, and after performance—to maintain composure.

**Target Mindset:** Show up ready, confident, and commanding every single time.

### The Three Team Principles

**Be Team:** Show up fully present, stay connected to purpose, and support yourself and others.

**Create Team:** Actively build the team's capacity through your contributions and communication.

**Love Team:** Care genuinely about your teammates and commit fully to shared success.

### The Five Pillars

1. GED Foundation: Start every moment grateful for the opportunity, excited for the challenge, and devoted to excellence.
2. Scientific Prayer: Practice breathwork, visualization, and affirmations daily to build mental strength.
3. "Be With" Experience: Stay present with difficult emotions instead of fighting or drowning in them.
4. Debrief: Reflect on every performance with safety, structure, and forward focus to continuously improve.
5. Performance Sequence: Move deliberately through preparation, finish your warm-up process, then battle when it counts.

### The Unifying Spirit

Accept Love: Embrace the work, the challenge, the rewards, and the people with genuine joy.

### When It's Time To Perform

**Remember:** You've prepared for this moment—now trust your process, stay with your team, and let your preparation speak through your performance.



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