

How to train your mind for best performance

# How To Train Your Mind For Best Performance



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# Part 1 – Mind dynamics

The best way to perform is to have the right mind set.

Every sport's man will tell you that.

It is all in the way you stand in it.

In the next few pages, I give you key mind sets which empower your life.

You can use some of these ideas as affirmations.

Remember that you are the designer of your inner architecture.

## Mind objects and sponsoring forces

On the mind level, you can identify thoughts, emotions and feelings.

You can call these mind objects.

They are the part of your mind you can "see".

They are the surface waves of your mind.

When you train your mind, these are often the objects you try to shift.

You see a thought you don't like.

You consciously try to shift it.

Or you go through emotions which drain you.

You want to shift them and clear them.

Deeper than that, you have the inspiration stream that sponsors your thoughts.

This is the river you "swim" in.

Any of your actions, thoughts or emotions are always sponsored by a vaster stream of energy.

It can be a:

- Culture
- Family
- Tradition
- Mentoring or coaching relationship
- Personal development stream
- Spiritual tradition
- Wise parent or friend
- Etc.

This means that the thought or emotion you have is not isolated!

It is contained within a vaster stream and that stream is your source of inspiration.

It is the force sponsoring that specific mind object or action.

Now, certain streams of inspiration are extremely positive and uplifting.

When you swim in that specific river, your thoughts and emotions already get colored by positive energy.

It can be:

- An empowering book you keep with you.
- A good friend you can call who always knows how to cheer you up.
- A place in nature which gives you a profound boost every time.
- A hermit you visited a long time ago.
- A form of ecstatic dance you engage into in your spiritual community.
- Etc.

The point is that all these actions, memories or moments are always sponsored by an energy or force which inspires them.

There is you, the action and the inspiring force behind the action.

Now, if you consciously choose your inspiring stream, you can already select a stream which is empowering and uplifting for your life.

You can choose:

- The people you hang out with
- What you read
- Your profession
- The place where you live
- Etc.

All these choices connect you with a specific inspiration stream.

By connecting with positive streams, you already create a ground which is conducive for positive mind sets!

If you connect with negative streams, like:

- Hateful music
- Very depressing circle of friends

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- A heavily polluted or noisy environment
- Etc.

You connect with a stream which is conducive to negative thought patterns and emotions.

So, this first choice that you make is essential!

The goal is to consciously select the sources of inspiration you want to connect with!

That's your first step!

Once the ground you choose is very positive and uplifting, positive and empowering mind sets naturally arise.

Make this simple experiment:

Check the objects around you, books, music, etc.

In a scale of 1 to 10, how uplifting and empowering are these objects.

You can give each object a mark.

Take one of your books for instance.

How do you feel after you read it?

Does it give you an empowering kick or does it bring you down?

Do you feel happier after you read it?

Why?

Who did get this book?

Is it in your personal environment because you choose to?

By answering these simple questions, you realize that you create your environment.

You choose the streams of inspiration you want to connect with.

At least some of them...

You might think: "well... It's just a book!"

No! It's not just a book!

A book is a connection with a certain energy reality and so is every object in your house.

So, is every action you take, every person you speak with.

They are all connections with energy realities and these energy realities already vibrate with a certain set of dynamics.

Sometimes, one object might not make a huge difference...

Now, what about 10 books or a whole book shelf of accumulated memories?

What about a whole collection of CD's you play on and on?

Of course, all these shape your mind!

And... You are the one who decides to play or read them, right?

So, creating a stream of positive thoughts, is not just about shifting mind objects, it is about designing your environment, actions, connections in a way which is conscious and uplifting!

It is about making conscious choices and discriminating between what helps you grow as a human being and what doesn't.

# How to increase your mind power

Your mind and the way you use it is the key to any success and performance in life.

Your mind is your greatest ally!

Your mind is your tool!

It is your vehicle!

If you feel your mind is not 100% “with you” and underperforming, the first step is to realize that you are the one in charge.

This is your territory!

From birth, you are given the right to have control and mastery over what happens in you.

This includes your feelings, thoughts, emotions and beliefs.

Your mind sets are your inner architecture and you are the designer.

You are the one who builds these mind sets consciously.

Mind power is not some form of magic trick which gives you the right to control other people’s lives.

Mind power is an energy which is in you and allows you to direct your own life and mind in the way you want.

This is about your mind, not someone else’s

Your mind is your point of focus!

Mind power is your ability to conquer, create, control, protect and renew what is yours.

All you have to do to wake up your mind power is realize that it is there and use it when needed.

Express your power!

## **Respond to challenges**

When you respond to a challenge, you stretch your limits.

You call upon deeper resources in you.

You create stress in your being and this stress wakes up your survival and conquering drive.

This is the best and most direct way to invite new power in your life.

Right now, you can check your day and ask yourself:

“Where is the challenge?”

If there is no challenge, you will need to create one!

It can be sports, business, social life, dating or anything else which breaks your habits.

If your day sounds boring to you, do something about it right now!

You are not allowed to let another day pass without waking up some form of new challenge in your existence.

You know what a victory feels like, right?

You want more of that!

You want a lot of that!

Every time you win, you open new life channels in your being.

## **Wake up your conquering power**

Your conquering power is one of your key mind powers.

This instinct is awake in you!

It is an unstoppable force which can drive you to take steps you would never dream off.

It is an ability which was given to you at birth.

It always starts with a first step.

The moment you set up yourself on a path of action and head for a target, you wake up a natural instinct.

This instinct is the need to survive!

It is the need to conquer new territories!

It is a fire which empowers you with infinite passion and unleashes a mighty stream of energy in your system.

An adrenaline rush is the breakthrough of such fire.

## **Dare to fight**

Accept to go to battle!

This means picking up the challenge.

The battle can be internal or external.

To win any battle, you want real skills and effective strategies.

Your strategy is your battle plan.

It is the vision of what you will do to win.

Your strategy is flexible and adaptable to any situation.

You can shift your strategy in no time.

You go with the flow and respond to unpredicted events.

Your fighting spirit is awake at all times.

You are ready to respond.

Your weapons are in your hands.

You own your sword!

You own your skills!

You are awake and ready any time!

Fearless!

## **Unleash your will power**

Your will power is your fire.

It is what fuels your action.

If you think too much, hesitate or doubt endlessly, you kill your fire and destroy your motivation.

Will power is an energy you build up consciously.

You concentrate and project it towards valuable targets.

Your will power is a sense of energy autonomy.

It feeds your emotions with a powerful inner drive.

It is the raw force within every one of your actions.

It allows you to open doors and stretch the limits of your mind and existence.

Will power is your sense of persistence, perseverance and focus.

This is the fire! It is the power to break through!

## Focus

Your mind stays clear and focused.

There are no distractions.

You recognize side tracks and keep heading for your target no matter what.

This single minded inner state is your power of concentration.

You know exactly what you want and you will get it.

You give rhythm to your actions.

Concentration is the your ability to bring all your power in on single spot at a time.

The moment you perform at your best, only one thing matters:

Here and now!

The past and future are gone.

All your energy is concentrated in this exact instant!

## **Total synergy**

Synergy is your ability to work with the forces around you.

Your being is not an isolated entity.

This is not about you against the others.

It is about the power of win-wins.

You tune into a flow of action.

Your spirit is connected.

Your mind is synchronized.

You are aware of a vaster stream of energy than yourself.

Your actions are vibrating together with a mighty stream of manifestation.

This synchronization gives you support and energy.

It is like an unstoppable mountain stream which breaks through any resistance.

You have a clear vision of the plan.

You know where you are going and you know why!

## **Remove resistances**

Resistances are useless!

Remove the anchors which could slow you down.

Get there faster!

Travel at full speed!

There is no need to put your success on hold.

Remove anything which could hold you back.

Be superconductive to your instinctual power.

Create clear channels of expression in your life.

You feel this almighty trust in yourself.

Trust is this pillar of energy in your being!

It is this massive foundation of life force in the core of your mind.

You trust your instincts!

Your trust your spirit!

## **Peripheral vision**

You see the larger picture.

You are aware and awake at all times!

Peripheral vision is your ability to see what is all around you.

It is all your senses combined in one synthetic image.

Perception, awareness.

You tap into the unseen.

You see what others can't perceive.

Your mind is a clear screen on which impressions appear with total precision.

All your senses are awake!

Inside! Outside! You perceive everything!

## **Focus on what thrills you**

Thrill is excitement!

Excitement is the awakening of your emotional drive.

Focus only on what thrills you.

Choose only exciting targets!

Passion is your driving force.

Thrill is what feeds your conquest!

## **Body power**

Your body is totally aligned with your mind.

You maintain a high energy life hygiene.

Your body is a clear channel of energy because you give it the care it needs.

You train, exercise, eat healthy and maintain total inner vitality.

This is not about muscle, it is about how much life force flows through your being.

Your body is a clear channel of power.

Together with your mind, they are your greatest assets.

## **Your training ground**

There is no safety net!

Your life is your training ground!

You are not creating a picture on a canvas to look at it from the distance.

You are in the middle of the picture.

You are the center of your universe and any situation in life is an opportunity to perform at your best.

You train your moves by practicing them in real life situations.

Any word and any action are the expression of your life force.

They are your unique occasion to perform at your best.

# **Part 2 – What are your weapons?**

You are born with basic tools.

These tools are your instincts.

Now, years of life and conditioning tend to overlap these basic resources.

The goal of the coming pages is to help you reconnect with your most basic mind weapons.

These weapons are your mind tools.

## **Emotional fuel**

Emotional fuel is motivation.

It is fire!

This fire is the core of your being.

You embody this energy in any of your actions, thoughts and emotions.

The more emotional fuel you have, the readiest you are for action.

Imagine trying to run your mind engine without this basic quality: you could not even take the first step.

Emotional fuel is your desire.

It is your wants.

It is your ambitions.

This is the starting point of anything you do in life.

Your number one goal is to make sure that you own this fuel.

You are the one who controls it.

Why is that?

Because it is your birth right.

You are the owner of an infinite resource of energy inside yourself and you are in the cockpit.

Every time you invest yourself in a project, you use some of this emotional resources.

If you invest in someone else's project, this is where your emotional resources go.

Emotional fuel is more precious than money.

It is the raw energy in the core of your being.

You want to make sure that this emotional fuel keeps flowing.

It flows through your mind channels.

A mind channel is an idea, emotion or mind set.

This means that you want to create mind sets which are super conductive to life.

Blockages, fears, doubts, hesitations are all mind blockages. The more you respond to them, the more you block your emotional fuel.

Another way of losing your emotional resources is to let other people take control over your life.

When this happens, you feel drained and systematically tired.

This is purely related with a psychic mind set.

You can be for instance in a professional situation where you feel limited and unable to express your creativity.

You can feel trapped with a dominant partner in a relationship.

You can feel insecure within a circle of friends.

All these situations have something in common.

You feel overpowered.

Your emotional fuel stops flowing.

As soon as you start expressing your power, you break these patterns.

You reclaim ownership over your life and send out a clear statement:

“I own my life!”

You are the one in charge. No one but you has the power of deciding what happens and when.

It is your right to express this power!

The moment you express your power, you protect your energy resources and invest them exactly the way you want.

Your emotional fuel wants to be freed!

## **Will power**

Will power is your ability to go for it and persevere!

You focus on your target and don't let go until you hit it!

Will power is your own individual reserve of determination.

If you are in a battle, you can sometimes win easily, because you have all the skills and tools you need and because you know how to break through.

Now, if victory does not happen by itself and you face a high level of resistance or competitiveness, will power is what makes the difference and gives you the final victory.

Using your will power concentrates all your energy in a given place and given time.

You invoke the totality of your resources in one spot and use this energy to feed your action.

## Conquering power

Any time you head for a new territory, you use your conquering power.

You use this conquering power when you study, when you create a business, when you make an income, when you expand your knowledge or when you give yourself a set of goals.

Now, again, there is an infinite resource of conquering power in you.

When you become comfortable within a secured situation your conquering power tends to slow down.

You achieved what you wanted to and now, you focus on securing what you have.

You shift from "conquering mood" to "preserving mood".

Suppose you created a business and it is running well.

You might feel the need to head for a new challenge and start a new venture.

This happens precisely because your conquering drive wakes up.

You feel that your present territory is not challenging enough and you need a new kick!

You love the adrenaline rush when you hit a target!

Conquering power is a natural instinct in any human being.

It is your ability to head for new territories!

## **Survival drive**

Survival drive wakes up when your life is in danger.

This original instinct forces you to look for food and shelter.

Now, this survival drive is a quality which wakes up when your life is in danger.

It is an inner call which says: " Life threat!"

Of course, most of the times your life is not really in danger.

When it comes to basic survival though, this is the number one source of energy which wakes up and stimulates you to take action.

Anyone who might have been in danger has felt this inner rush of energy.

It is a natural boost your own spirit or nature gives you.

It is like setting up the "turbo" in your car.

Your survival drive is not concerned with distant goals and complex mechanisms.

It is a basic instinctual reaction to a threat on your life.

When you are taken by your survival drive, you can see yourself tapping in resources you did not even know you had.

There is a dimension of magic and mystery to it.

It is your response to crisis situations.

## Focus only on what thrills you

I already mentioned this earlier but it is so important, I need to explain it deeper.

Motivation and emotional fuel comes from excitement.

The way to invite more emotional fuel into your being is to focus first on what is exciting.

You might think that you can force your mind to get motivated?

Usually, it won't work!

Emotional fuel flows the moment you focus on exciting targets.

If your targets are boring or from the past, your own spirit says: "No way!"

It has to do with your destiny lines and path of evolution.

The best way to kill your emotional fuel is to build walls of security so thick that life and renewal simply no longer get through.

Part of your being needs challenge! Always!

You might recognize from your own life a moment when you felt stacked because the flow of life force and motivation stopped.

You might have felt bored.

You might have felt trapped between what society thought you should be doing and what you truly wanted.

Society and your environment tend to focus a lot on security.

You, on the other hand need passion and excitement as well.

These two interests sometimes enter in conflict and it is truly your right to decide what comes next.

Your goals are yours!

If you focus on targets which miss this profound level of thrill, you won't get anywhere.

Focus on what thrills you first!

Let go of “shoulds”.

This is your life and you own the right to decide for yourself what you want.

It is okay to be selfish and think of yourself first.

When you focus on what thrills you, you invite a massive flow of life force in your being.

You clear your mind space. You are 100% alive.

It impacts on your health and on the way you relate to others.

It is a win-win for everyone involved!

No need to make concessions!

If you are not thrilled by an idea, simple: drop it!

## **Best way to prepare yourself**

The best way to prepare yourself is to manifest the right mind set.

Your mind set is your vehicle and before you take action, it is wise to identify exactly how to stand in it.

No need to think about it for weeks.

Simply take a minute to step back and observe what you truly expect from the action you are about to take.

The right mind set creates the perfect alignment of forces in your system.

It is one of the keys to any success in life.

Usually, you do have choices to make when you choose for the right mind set.

You see your various options and consciously decide what role you play.

It is like a shirt you put on.

Your mind set is your vehicle for the coming course of action.

If you are "aligned" inside, everything flows much easier.

## **The secret door to your mind**

The secret door to your mind is your inner listening ability.

You do have inner senses.

You do have intuitive senses which tell you exactly where you are at and where you can be.

Your instincts are powerful.

The moment you start trusting them more deeply, you realize that you can unleash a whole new wave of inner potential.

Instinctual power is your ability to respond instinctively to situations.

Your instincts synthesize a whole situation into a simple action path.

Your instincts see the best way in any given situation.

The best way to train this inner sense is use it and to trust yourself.

Your instincts are in direct connection with the deepest part of your being.

They are a powerful force you can use to unleash your true mind potential.

## **Give rhythm to your day**

Rhythm is what structures time.

If you have music without rhythm, you simply have a succession of notes which merge into each other in an incoherent way.

Imagine a landscape on which you take away the lines between the shapes: all you have left is a succession of colors which merge into each other without definition.

Time gives form and power to your day.

It creates waves of energy with peaks and rests.

Now, you do have a natural rhythm.

Shift speeds and action lines.

Dare to let go and create highly concentrated sequences of energy rather than a long monotonous one.

You will see that the moment you follow your natural rhythm and shift activities frequently, you maintain a high level of excitement and energy.

Give rhythm to your actions.

This is one of your top performance weapons!

## **Making the right choices**

Choices are your “crossroads”.

Depending on the path you take, this can bring you closer or further away from your profound goals.

A choice can be this magic moment when a world of opportunities does open up.

Some other choices can limit your own evolution.

To make the right choice, you need a couple of things:

Synthetic vision and clarity.

Imagine your mind as clear screen on which you can perceive the direct consequences of your actions.

You see pathways.

This inner vision is an ability you train.

Now, making choices means that you are faced with various options.

Often, these options are the reflection of conflicting interests.

These different options can be the mirror of different views on life and different mind sets.

You can expand your choice making space and gain immense clarity over where you want to go.

## **Action is life!**

What brings you from where you are to where you want to be is action.

A mind set is only a vehicle.

The real change and result happens when you take action and do something which reflects the way you stand inside.

Action invites life force in your being.

It is the direct expression of your manifestation power.

When you take action, you express your right to create.

This is why action is the best and most direct way to open new doors in your life.

Dare to take risks and go beyond your comfort zone.

When you do, you invite a refreshing stream of energy into your being and wake up your survival or conquering instinct.

Action unleashes your profound potential.

Stop thinking about it and do it.

# **Part 3 - 10 new powerful mind training techniques**

These 10 techniques are the core of this e-book.

They are 100% focused on you and your mind.

The goal is simple: train your "mind muscle".

These are not fixed, rigid techniques: they are only guidelines.

Eventually, you can recreate these techniques in your own way.

They are series of "mind movements" which evolve with time and practice.

Most of these techniques require some focus and practice.

I would say that it takes 1 to 3 months to fully master and own a technique.

It is literally like training in the gym.

Give yourself a target of achieving significant shifts over a period of 1 to 3 months.

This means focus on these techniques and use them regularly.

You will feel your power and mind sets naturally getting clarified and energized.

## Active self talk – Technique

You are probably familiar with the idea of self talk, right?

Self talk is the story you tell yourself inwardly.

The goal of this technique is to express this self talk outwardly.

Literally, you talk to yourself.

The moment you speak the words, you hear them as well.

You observe your thoughts and you realize that you can actually direct your self talk.

It is not anymore a conversation you can't influence or goes on by "itself".

You direct your self talk and express the thoughts, beliefs and emotions you truly want to have.

This is a creative way of programming your mind.

You program your mind by speaking out the words.

Here is an example. You are alone at home, early morning. Here is a conversation you could be having with yourself:

- I feel like I should take action but I don't know what direction to go...
- Yes! You know
- True... I know but I have doubts...
- What are your options?
- I could directly go the office and speak with Jim about what we discussed yesterday...
- What would you say?
- That I like his idea, but that we should get a back up plan as well, just in case we don't get enough funds...
- What would be a backup plan?

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- To simply maintain the business structure the way it is right now.
- So, what you say is that you have two strategies and you want to agree with Jim about them.
- Etc.

In these 2 minutes, something very special happened:

- You gained clarity
- You brought out a couple of constructive ideas
- You designed a solid strategy for your morning
- Etc.

You can have a conversation with yourself on any topic.

The difference when you speak the words out is that you become an active creator of this conversation.

When you keep this self talk in your mind, you miss focus and awareness. In fact, you tend to be passive and let your mind wander in incoherent loops.

You can think many ideas without them manifesting to the surface of your awareness.

This means that you might be building up negative self beliefs or missing on some essential insights.

Expressing verbally your self talk empowers your mind. It gives you focus and directs your energy in a creative way.

When you express your self talk, you coach yourself.

Not only, you become aware of what happens in your mind but you direct your thinking stream as well.

This practice is extremely empowering because it strengthens action lines and vision in your mind. It simply empowers your mind channels.

## **Will power concentration – Technique**

This is a direct 1 minute technique.

You can stand to practice this.

Don't lay down, it makes you too passive.

To break through most situations, you need extra power.

The goal of this technique is to build up extra power and determination.

Here is what you do:

You stand still, eyes open and see yourself as a volume of energy.

Now, you want to get ready for battle.

You concentrate your power and energy.

Imagine that your goal is in front of you.

Right now, you are totally selfish.

Nothing but you matters.

You totally concentrate your energy.

Your mind is 100% single focused.

You stand still ready for battle.

This is the concentration before battle.

You are invincible.

You give only to one direction: your mind.

This is where your energy is totally focused.

Concentration (Con-centration) means that all energies you have in you evolve around one core: you and your mind.

This is a high speed, high intensity technique.

It is this moment of stillness before your jump.

You want to bring in a concentration of forces right here, right now.

It is your moment of focus before you take action.

The only thing which matters at this moment is you and the target you want to reach.

Determination and will power are naturally in you.

This one minute concentration tells you one thing: total focus!

Total concentration of energy!

You are ready for battle!

Keep this practice very short and use it when you feel a challenge coming.

It is an excellent technique as well to use when you feel lots of external resistance.

Concentrate for one minute and go for action straight after that.

You can focus on the words "Focus", "Action", "Will power" or "Determination" as well. You can repeat them aloud or to yourself.

You can as well use other words and even short empowering sentences like: "Take action!" or "Win now!"

Concentration, focus, determination and will power are mind attitudes.

They are internal energies you learn to master.

With this simple 1 minute focus, you connect with your inner source and use this extra power to take action.

## Victory drill – Technique

This technique is dynamic and combines body movement with voice.

You stand on a spot and start jumping.

Jump as if you were jogging or skipping on the spot.

Now, you add the word “Win!” and speak it out (you can even do that very loudly if you are by yourself in nature) rhythmically with your jumps.

Win! Win! Win! Win! Win! ...

This technique energizes you and establishes the “victory” mind set in you.

Victory is a mind set!

The core of this mind set is the word “victory!”, “winning!” or “win!”

When you repeat this word rhythmically in that way you invoke the victory mind set in you.

In fact, you remove anything which is not aligned with the idea of victory in you.

This technique is a drill!

This means that you stretch your natural limit when you use it.

It is intelligent, powerful and effective.

At the beginning, use it for a couple of minutes.

When you feel more comfortable with it, you can stretch it in time.

Go for a run on the beach and use the word “win!” to give rhythm, focus and power to your light jog.

This technique is very transformative.

The moment you use it, you break open new lines of life force in your mind. You energize aspects of your emotional body and create a new pillar of energy in the core of it.

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Again, if you use this technique over one to three months, you will truly own it and master it.

Play with that force and make it 100% part of your being.

I guarantee you that it makes a massive difference.

Use it!

## **Super confidence shield – Technique**

The goal of this technique is very simple: create an extra layer of protection around your being.

Imagine a sphere of energy around you. This is your auric field, energy body or etheric body.

This envelope protects you.

Now, imagine that any judgment or attack on your being simply bounces on the surface of your mind.

See attacks like arrows which are simply refracted on the surface of your mind.

You are still. Simply observe that.

Now, you will strengthen this shield.

You will use a simple martial art technique which is the “Kiai!”

“Kiai!” is the sound you express as you give a kick or punch forward.

Sound is very powerful!

It strengthens your shield and protects you from attacks.

As you give a punch forward with your fist, you scream: “Kiai!”.

Take a step back and repeat this movement a few times.

You can shift arm or shift from punch to kick.

The moment you sound “Kiai”, you send out a clear statement: “Defense”, “Shields up”.

If you feel that life is a battle field and that you miss the tools to defend your territory, this is definitely the technique to use.

You will empower your emotional foundation straight away when you do so.

## How to train your mind for best performance

You will as well strengthen your natural mind shield and create a greater sense of inner security.

Remember one thing though: a shield is a battle tool. You use it dynamically and stay alert and awake.

You need to identify negative influences and not let attacks come in.

Beware of Trojan horses and other strategies which aim at breaking through your shields.

Be wise!

Stay awake and experiment with these ways of protecting yourself and defending your territory.

Your mind is a subtle ecosystem.

You are in charge of it!

This is your territory!

This "Kiai!" technique gives you the extra power kick to protect yourself.

Smile and stay confident!

You are safe!

## **Assertive determination – Technique**

When you want to reach a target, you must always be aware of side tracks and deviations.

This technique is a simple concentration technique which gives you the ability to stay focused on your target.

Imagine your target and hold in your mind a picture or a word expressing your target.

There is only one way to reach this target: it is to stay focused on it and express your fighting and conquering power.

Imagine your target and increase your focus and concentration on it.

Anything which deviates you from it is wiped out instantly.

Your vision stays firmly focused on this target.

Assertiveness is a mind set you build in you.

The core of this force is your mind.

How does it work?

Your vision, need and desire is stronger than anyone else's.

You know what you want and nothing can deviate you from it.

You focus on this goal and you don't deviate from it.

You establish a visual connection with this target and this is the only thing that matters.

It is your direction.

It is your unique purpose.

Between now and the moment you reach your target, you will encounter side tracks and deviations.

The vision of what you want to achieve and what you want to reach will stay firmly embedded in your mind.

## How to train your mind for best performance

Your mind is 100% focused and no one and nothing will shift you from your target.

Next step, take a white page and write down a word or short sentence which summarizes your target.

Use capital letters. Use a black pen. Use big enough letters.

This is a statement of what you want to reach.

Under these words, write down the terms:

“Assertive”, “conquering power” or “fighting instinct”.

These are the key qualities you want to express.

Take this white page, fold it and keep it with you in your pocket or with other papers.

This is the way you program your mind.

It is like a mind power “to do” list.

Every time you come across this paper or feel it in your pocket it acts as a reminder of your target.

It “crystallizes” the assertive mind set in you and focuses your power.

## **Total emotional freedom – Technique**

When you want to take action, the less resistance you feel, the better, right?

This technique is aimed at one goal: removing what could hold you back. These are memories, thoughts, ideas, beliefs, emotions or feelings from the past that you no longer need.

Here is how it works:

Identify an emotion, fear, doubt, or thought which could hold you back.

For instance, if you had a negative experience a month ago, the “trace” of this experience can still be present in your mind.

If you can't identify any negative emotion, belief or thought in your mind, then it's perfect. Stop reading right now this chapter and jump directly to the next one.

Now, if you feel that anything is bothering you or worrying you, you want to increase your level of emotional freedom and remove the source of tension you might identify.

Any tension, inner conflict or worry drains your energy.

Here is what you can do to shift a negative emotion or draining mind set:

Suppose last week you got angry with your a colleague at work.

Now, you feel guilty.

Face it.

Face the events.

Look at them straight in the eyes.

What do you see?

You see yourself overreacting and making a mistake?

The reason this bothers you is because you need to learn something from it.

The “process” of what you experienced has not yet been solved.

A learning experience becomes a mistake only when you keep repeating it without learning from it.

The first step is to identify what could be learned.

If you were confronted with the same situation again, is there another possible reaction.

How would you deal with the same situation in a more diplomatic way.

Focus on it and come up with another line of action, even if you find it emotionally challenging.

Now, recall exactly the steps you would take and what you would say if this situation would happen again.

Once you have a new effective strategy, go to the next step: Let go and forgive yourself.

How do you do that?

Simple, repeat to yourself: “I am not perfect. I can make mistakes. I learned from my experience. I forgive myself”

You can remember these words or speak them aloud.

The key now is to let go and forgive yourself.

This is a very specific example but it works in a similar way with any negative emotion, thought or belief.

There is a pillar of freeing power in your mind.

This pillar is your power of renewal.

This is the force which flows through your being and clears your mind for new experiences to take place.

This technique is about increasing your level of internal freedom.

Basically you free emotional space when doing so.

## How to train your mind for best performance

We are here in an area which can be quite challenging.

If you feel you can't manage to clear a negative thought, experience or emotion by yourself, I can help you further and join forces with you to do that together.

Visit this link and sign in for a couple of sessions:

<http://vitalcoaching.com/coaching.htm>

I would be looking forward to coach you further with that.

## **Power vision – Technique**

Your vision is what you project into your future.

It is the ability to open space and create on a conceptual level.

First, bring your mind to a still point.

Take a moment to stay silent and start imagining your life 5 years from now (This is only an example. You can focus on what will happen next week, in the coming month or in the coming year for instance).

Now, let the flow of thoughts freely create a vision in your mind.

The next step is to take a white page.

You want to create a mind map of your vision.

Take your white page and in the center of it, write:



Around this central image, start adding elements which you feel are important for you in the future.

Start first with general areas like business or relationships.

You can refine and add as many details as you want to express your life vision.

This simple mind map is your plan.

Imagine for a second an architect creating a new building without ever putting things on paper.

Your plan is your vision.

It is not rigid.

However, writing it down empowers it and gives it new roots in your mind.

Be ready to redesign it regularly if you have to.

Ad new ideas into it.

What matters is that you take a few minutes to focus on it regularly and check where you are at.

Goal setting can work against you when you fix targets with too high expectations.

Too high expectations can make you feel very frustrated and unhappy when you realize you won't reach them.

To avoid this, keep your plan flexible and focus on qualities you want to manifest in your life rather than fixed material targets.

Keep your plan as open and flexible as you want to.

## **Instant effective strategy – Technique**

When you are in the middle of a challenge you want the ability to respond fast and directly to any situation.

You can't design in advance strategies for everything but you can stay flexible, open minded, alert and ready to respond any time anywhere.

To do this, you need synthetic clarity and awareness.

The goal is simple: you want to train your strategic skills.

This means that you want to be able to design effective strategies easily.

Take a present challenge in your life.

If you don't have any, take someone else's (a friend, partner, colleague, a situation from the news, etc)

Now, it is very simple:

You want to increase your reaction and strategic speed.

No matter the situation, give yourself 1 minute to come up with an effective strategy to solve this challenge.

You don't have to succeed, you only have to focus on it and try.

No matter what you reached, after one minute, stop and drop it.

Take another example, eventually write it down in a few words and give yourself 1 minute to solve that one.

You can repeat this technique a few times (max 5).

After that drop it.

The goal is to increase your reaction speed. No need to stretch the practice.

Focus rather on short, concentrated sessions where you try to solve 4 or 5 specific challenges in 5 minutes.

## How to train your mind for best performance

You will notice that if you practice this regularly, you are able to come with effective solutions for almost anything.

When you find solutions, you use your emotional intelligence skills.

This is very much a “right brain” training practice.

Focus on trusting your instincts and intuition rather than rationalizing too much.

When faced with challenges in life, your survival drive wakes up and calls a new set of instinctual resources.

These are the new skills you want to open up.

Respond with your guts, first impression and complete the picture with a reality and logical check.

Reason alone can definitely be too slow or limited when you are trapped in a storm and need to act fast.

## **Dynamic synergy building – Technique**

How good you perform in life is intimately linked with how well you relate to others.

How effective is your connection with those around you?

This technique aims at increasing synergy in any connection you establish.

Synergy (Synchronized-energy) focuses on creating win-wins out of any situation.

Here is a simple technique to multiply synergy in your life.

Imagine someone you interact with regularly.

The context does not matter.

Now, for a minute, put yourself in this other person's position.

Imagine the world as they see it.

Take a white page and write down their name in the middle of it.

Under their name, write down what you believe are 5 main goals for them.

Now, for any of these goals, ask yourself:

“What role do you play towards that person?”

Are you negative, neutral or positive towards that goal?

I suppose you know already what comes next, right?

The goal of this game is to shift 90% of your positions from negative or neutral to positive.

You want to become a positive force in that person's life.

You don't need to emotionally invest yourself.

## How to train your mind for best performance

All you have to do is remove the blockages in your mind which could stop you from encouraging that person's goals.

What you do is very simple: you shift from competitive to collaborative.

Take 5 minutes to analyze this.

Next time you meet that person, make sure that what you say reflects a positive attitude towards that person's goals.

This is synergy.

It is a direct way of creating win-wins in life.

The more you have of it, the more energy flows through your system.

Of course, in some situations, your role is to be the challenger and competition will be the mind set you use, but think of situations like friends, social life, business meetings, family, relationships, etc.

There are dozens of situations in life where the competitive mind set is immensely draining for both parties.

If you shift some of that to a synergic mind set, you will feel a tremendous increase of life force flow and satisfaction.

You let go of competition and focus on win-wins.

You can repeat this practice regularly specially with persons you find challenging to relate to.

You will notice that within a month, your relating base can totally shift.

It is direct and super effective!

## Synchronized action - Technique

Timing and location!

To succeed with what you want to achieve, you need to be in the right place at the right time.

Now, synchronicity has some quasi mystical dimension of magic to it.

Synchronicity is described as the alignment of universal forces with one's own experience. That's the "big" definition.

In reality you can see synchronicity in the perfect alignment of your actions, thoughts and emotions with a natural greater flow.

You cultivate synchronicity by developing your awareness of what goes on around you.

Being synchronized means being frictionless.

Here is a technique which helps you empower this quality in your system:

Before you start your day, take a white page and write down the lines of action you can focus on today.

Once these lines are in front of you, ask yourself this simple question:

What is my top priority today?

Next, ask yourself:

What is really the best line of action I can focus on today?

When you ask yourself this question, you consider other elements like timing, other people involved, circumstances, etc.

If you take only 5 minutes to reflect on the best line of action, you could be totally shifting your day.

Synchronicity is the art of bringing this extra sponsoring quality to everyone of your actions.

## How to train your mind for best performance

It makes sure that you go with the flow rather than struggling to go upstream.

Once the great lines of action for your day are set, check a bit more in the details.

You have the power to foresee areas of struggle, challenge or friction.

Take these 5 minutes in the morning before you set up yourself on a course of action.

It is your way of tuning in and synchronizing your actions with all the forces involved.

If you want to add a mind concept to this to help you throughout the day, think of "synchronized" or "frictionless", this will help you stay focused.

# **Part 4 – Key strategies to get what you want**

We live in a time where no one needs to loose.

Getting what you want is about satisfying your own conquering drive.

This power is your driving force in conquering new territories.

The moment you unleash it, you release natural resources of energy which start flowing in creative ways.

In the next few pages, I will show you direct and effective strategies to reach your goals.

# How to get exactly what you want

The first step is to identify valuable targets.

Once you identify your targets, give yourself a time frame.

The third step is to identify the possible distractions, side tracks and challenges you could face along the way.

Aiming for a target is like engaging in a new travel.

You want to have some form of road map and vision of where you are going.

Before you engage yourself with your full power, you will do some test drives. You will take some small steps to try out and see if anything is still missing.

After that, it is all about going for it and staying focused.

This preparation time is a build up.

Timing! Don't forget about that one!

# How to manifest synchronicity at all times

Yes! Timing!

Synchronicity is your ability to synchronize your actions with a larger flow of energy.

It has to be the right time for you and the right time for all forces engaged in your project.

Being synchronized at all times is an art.

It is your ability to go with the flow and respond to opportunities and open doors when you see them.

At the same time, you alternate your “go with the flow” ability with stronger inputs of will power and determination.

Sometimes, it is wise to take a short cut and minimize your effort.

Synchronicity is about giving fluidity to your actions and creating frictionless enterprises.

The best and most direct way to wake up your full synchronicity power is to use your instincts and intuition.

Using your will power only might require too much effort.

Partner with the natural “manifestation winds”.

The moment you synchronize your efforts with the right sources, you realize that you can get a massive support of energy.

## How to use challenges to project yourself forward

A challenge is always an opportunity to grow.

The best way to use challenges is to face them and learn from them.

If you feel you can't get it right every single time, it simply means that you miss some experience.

The best way to gain this extra experience is to experiment a bit.

Experience and experiment have the same root.

It is not a coincidence.

You experiment by trying.

If you don't succeed the first time, forgive yourself and see this as a learning experience.

The best way to learn to swim is to jump in the water.

You can perceive life as a series of challenges.

This is the way you build character, skills and develop the effectiveness of your mind.

Effectiveness is not an abstraction or a thought. It is a mind set you develop by immersing yourself in real life situations.

Trying is a victory in itself!

## **If you bang your head against a wall, stop right now!**

In other words, learn from your experiences!

If you keep hurting yourself or missing your targets, take a moment to analyze your strategy and see where you can shift key elements.

Shift actions paths and try new ways and new mind sets.

For any given situation there is always a best way to stand in it.

Best performance is not just any performance.

You want to aim for what gives you the greatest satisfaction and result, right?

Learning from your experiences is the best way to evolve very fast.

Take a moment to step back and listen!

Stay silent for a while and identify exactly what you can shift in your approach.

Sometimes, the best way to deal with a wall is to go around it.

# Synergize!

Join forces!

Focus on win-win!

Your mind is not an isolated entity.

You are connected with everything that surrounds you at all times.

You are connected with everything through invisible energy links.

The best way to open doors is to work with the forces of nature rather than against them.

It sounds logical, isn't it?

Creating conflicting forces is the best way to waste energy.

You live in a time where no one needs to lose.

Your human spirit has the ability to generate win-wins at all times.

After win-win comes third win.

Everyone can win.

The competition equation has shifted.

Synergy opens doors and space.

It is your most direct path to any deep success.

## **Trust and go with the flow**

Trust yourself!

Every time you sit back and hesitate, you feed your doubts.

Every time, you take action, you feed your trust.

Imagine swimming in a river.

The moment you go with the flow, everything becomes easy.

A river is a stream of manifestation. It happens right now.

The moment you resist the current and focus on your own individualized will only you have to put up lots of effort.

Once you trust and let go, you notice that your river simply takes you to the sea.

This river is symbolically your destiny line.

You can throw anchors and try to stop the movement or you can consciously lift these anchors and allow evolution to do its natural work.

You are part of a larger spirit.

You are part of a larger reality.

This river is your "sponsoring" force.

It is the energy which sustains your actions and empowers your goals.

Go with the flow!

Trust your instincts!

## **Integrating new skills**

If you miss some tools, you want to step out of the battle for a while and get what you need.

Skills are mind sets and actions.

They are a reality you integrate in your being.

Identify exactly what is missing and get it!

It often takes courage and humility to step out of a situation and realize that you miss some keys.

Realize that change and renewal can easily create pressure on your being.

If your present mind set is not effective, you want to connect with and integrate a new one.

This process of integration requires energy and focus.

## **Jumping without a safety net**

Your training ground is your life!

You minimize risks by taking small steps.

Most life experiences truly have no safety net.

However, depending on the way you stand in these experiences, you can make sure you won't get hurt.

You have a "right way of falling".

Falling in life can be exhilarating.

It can be this kind of sudden realization of what life is about.

See it as a game and jump in it.

## **No training! Just life!**

There is no stage! There is no public!

You can step back and observe your life from the distance.

However, the best way to perform at your best is to jump in life rather than checking it from far away.

It is direct and effective to try and experiment.

This is the best way to perform at your best!

Why?

Because real life is the context in which you will manifest all the ingredients.

You can practice your moves on the side of the pool, or you can jump in the water and use your survival drive.

Trust your instincts!

You have resources in you which wake up the moment you are confronted with real life situations.

## **Master your control weapon**

Control is a sword.

It is in your hand.

You are given the right to control your life.

This is the first area where you can effectively express your controlling power.

Now, when it comes to influencing others you can easily cross the line.

You aim for greater freedom, not greater control.

If you are in a position of power, what you want is to provide just enough control to stabilize the structures without limiting other people's natural space and freedom.

Life is precious!

With greater power comes greater responsibility.

Abuse of power means going against the forces of evolution.

Use your power to protect other's freedom, not to limit them.

## **Be aware of side tracks**

Any time you aim for a target, you face the risk of getting side tracked in one way or another.

Sometimes, this side track comes through a connection you have with someone.

Other times this side track is simply the reflection of conflicting interests in you or the lack of clear choices.

The response to a side track is focus.

You can of course take a rest and temporarily explore a side alley leading to your goals.

It is fine as long as you don't forget about your original target.

## **Don't miss your reality check!**

Concepts and dreams are "suspended".

On the path towards manifestation, they face the test of realism.

Out of thousands of possible dreams, only a few will manifest.

The ones which reach creation are the ones who have a solid level of realism in them: they match with reality.

Before you set up on a course of action, do reality checks!

This will make give you greater chances to reach your targets.

This is another essential aspect of manifesting your best performance.

## **Unhook yourself from the past**

Get rid of what you no longer need!

Deal with unsolved issues.

The goal is simple: Emotional freedom!

Your mind is a territory.

Every aspect in it plays a role.

You are going towards the future, not towards your past.

If your vision is focused on recreating the past, this is where you will go: towards your past.

Going back into the past simply goes against the natural flow of creation.

It is literally like going upstream.

Your future is like a virgin screen.

All potentials are open.

The best way to see them is to remove whatever might be stopping you from moving forward.

## Use your power

It is very simple: if you don't use your power, someone else will do it for you.

Your mind is a very subtle ecosystem of forces and energies.

For it to function and be stable, it needs some key ingredients.

Power is one of these ingredients.

You can delegate your power to other sources.

You can tell a friend something like:

"You know what? Decide for me..."

The moment you do that, you give away your power of self determination.

If you do that one time, it is no problem, right?

Now, if delegating your power becomes systematic, you end up simply feeling... Powerless!

This is the way it works.

If you want to feel empowered and manifest the full potential of your mind, take responsibility and express the basic powers which are yours.

If you delegated these powers to someone else in the past, it is your right to claim them back any time.

The best way to perform at your best is to have a total sense of control over what happens in your life.

Use your power to make sure that you are the one in charge of your life.

# Conclusion

I hope you enjoyed this material!

Feed back? Questions? Success stories?

Email me at [francisco@vitalcoaching.com](mailto:francisco@vitalcoaching.com)

For instant live help:

<http://vitalcoaching.com/coaching.htm>

For more topics on dating and personal power go to:

[www.vitalcoaching.com](http://www.vitalcoaching.com).

To your power

Francisco Bujan