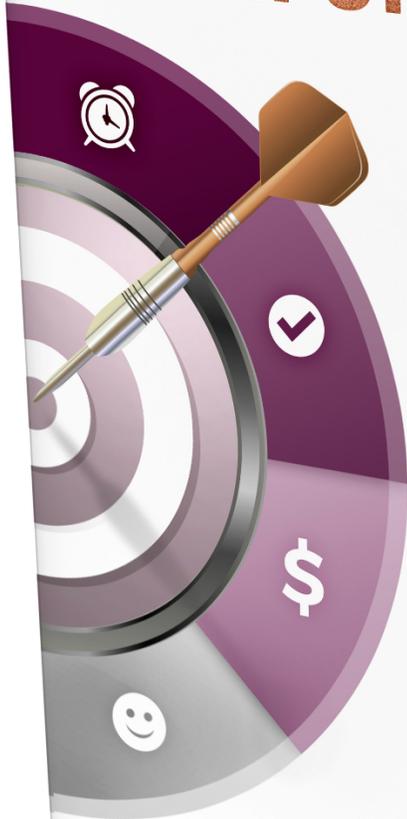


MINDFUL PERFORMANCE



How to
**POWERFULLY IMPACT
PROFITABILITY,
PRODUCTIVITY,
& PURPOSE**

THERESA
ROSE

MINDFUL PERFORMANCE
SUCCESS VISUALIZATION

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Welcome to the Mindful Performance Success Visualization! Over the next several minutes we are going to take a journey together into the infinite world of possibility. Consider this guided visualization exercise a visit to your dream factory. By using the power of your mind and imagination, you will be creating a detailed blueprint in order for you to realize your fullest potential at work, at home, and all day long.

We will be creating a powerful framework for your future success both professionally and personally by energizing a vision for what you want your life to be. We will start by creating an overall vision of that new life where you will have more than enough time, money, and vitality to have all that you need while still living a life of satisfaction and peace. We'll then travel through the nine focus areas of the Mindful Performance Model so you can energize each aspect required for you to realize that vision.

The goal of this success visualization is for you to consciously create a feeling state of success, contentment, and empowerment in order to bring about your desired reality. So relax, get comfortably seated, and take a few deep breaths in preparation for the journey of your own magnificence.

Imagine the movie of your ideal life. What is the title of your movie? Who is co-starring with you? Where are the set locations? What is the wardrobe of your movie? What methods of transportation are used? As the main character in your movie, what are your characteristics? Are you healthy, vibrant, and happy? What is your job? Who do you work with and for? How

much money do you make? What do you spend your resources on? How do you spend your ample free time? Really take a few moments to play out a particular day in the movie of your ideal life. See yourself waking up refreshed and ready to tackle the day with power. Imagine what your home looks and feels like. See yourself getting dressed in your favorite clothes that look amazing on you. Go to your place of work in a relaxed and easy way. Imagine the conversations you are having throughout your work day with key influencers in your professional world. See yourself having persuasive and productive conversations with those who are committed to collaborating with you. Imagine every small accomplishment and big victory that result from your performance. After a full day of rewarding work, imagine yourself coming home to a peaceful and pleasing home where you get to relax and restore while enjoying activities that feed your soul. See yourself feeling amazing as you unwind and drift off to a deep sleep. As you reflect on this future day of your life, really sink into the feeling of what having this life will be like. How happy are you? How healthy are you? How fulfilled are you? Let those powerful feelings get imprinted in every single cell and the spaces between the cells. Breathe deeply into the feeling of success and contentment that you are consciously creating right in this moment. You are taking the critical first steps to realizing your fullest potential. Inhale and let that image become your new reality. Really let it in.

Now let's briefly visualize your success from each aspect of the Mindful Performance Model.



Let's start with the **Movement** area. Take a moment to scan your body in your mind's eye from head to toe, finding any areas of tension or stress. Breathe into them, letting your breath deepen your awareness of them. As you breathe into those places of discomfort, dysfunction, or disease, imagine that your breath melts away anything that is no longer serving you, replacing it with healthy, vibrant energy. See yourself living an active, healthy, joyful life. Imagine that you are in full command of the energy residing within you -- the physical energy, the mental energy, and the emotional energy. You are centered and grounded, able to be fully present in each moment. You have all of the fuel you need to take yourself as far and as high as you want to go. You are in complete harmony with the movement of energy in your body.

Next, let's move to the **Meditations** portion of the model. As you increase your awareness and performing more mindfully, you are intentionally managing your thoughts. And as you do so, you are better able to manage your actions every single day. You understand that your breath is the single most important tool you have at your disposal to make you fully present in the moment, which in turn will be the doorway to your success. With each breath, you are more at peace. With each breath, you have more clarity to see situations more clearly. With each breath, you are able to make better decisions with greater confidence. You understand that you have all the power you need to energize your intentional future with your whole body and mind. You have become a master of your mind as you carve out moments of silence and meditation throughout your day. You are

intentionally creating your success by purposefully focusing your mind on the present moment and the realization of your vision. You are tapping into the power of meditation.

Now we will move into the **Manifestations** area. You understand that you are creating the life and career of your dreams in your mind first. You see yourself being able to clearly articulate exactly what you want by implementing a Statement of Intention. You see yourself creating a vision for manifestation. You see yourself writing it down with detailed clarity. You see yourself memorizing it, energizing it, and ultimately realizing it. Imagine taking all of the purposeful actions required to attain your vision. See yourself breaking down all of your goals into manageable tasks that you will perform on the dates you have identified. Imagine all of the tools and resources you will use to complete those actions in a timely fashion. See yourself supercharging your manifestations through the powerful act of gratitude. Imagine that you incorporate a practice like the Gratitude Rant every single day. Feel what it feels like to know exactly what you want and how you are going to get there. Bathe in the knowingness that you are now leveraging the power of your mind, and magic will happen as a result. Expect it. You are a master manifester who can create anything you desire. Your success is an inevitability.

Next we will dive into the **Meetings** focus area. Your success depends on your ability to have meaningful discussions with those in your orbit, not only at work but also at home and all day long. In order to bring about the vision you have for yourself, you understand that those conversations must be as productive as possible. Imagine yourself leading and participating in purposeful discussions with the right people. See yourself utilizing your time wisely and uncovering and addressing the most important issues pertaining to your goals. Imagine your colleagues and co-workers stepping up their game as you become a model of efficiency and focus. See yourself having effective meetings with every colleague, every person in your home, and even strangers you encounter throughout your day. Imagine yourself being able to cater your communications based on who you are connecting with. See yourself being a valued contributor for good in the workplace and in the world itself. Know that, as you increase your mindfulness in every meeting you have, you are contributing to a more compassionate, charitable, and civil society. Imagine the feeling you will have when you are in conscious collaboration with everyone around you. You are a meeting master.

And now we will energize the visions of our **Mentors and Masterminds**. The vision you have for your future will become a reality with the help of those who are way-show-ers, educators, cautionary tale-tellers, and wheel-greasers. Imagine yourself having powerful, mutually-beneficial mentoring and mastermind relationships with strong, smart, supportive people who are committed to your success. See yourself carving out the time and

taking the necessary steps to establish and nurture those key relationships. Imagine the priceless advice you will receive from your mentors and mastermind groups and the purposeful actions you will take as a result of their counsel. Know that when you deeply listen to those teachers and guides, your learning curve will be dramatically shortened and doors will open to new possibilities. Feel what it will feel like to receive brutally honest Gut-punches of Truth from your wise ones. Imagine yourself being courageous in receiving that feedback and executing activities to eliminate your blind spots. You know that your awareness plus your action will equal your performance improvement, and you have total trust in your mentors and masterminds.

Next we will be energizing the **Messages** portion of the Mindful Performance Model. The words we use and how we use them are the ways we take what is in our heads and hearts and translate it for others to receive. Imagine that every word you communicate either verbally or in writing is received and acted upon exactly as you intended it. See yourself communicating clearly and correctly with your recipients fully understanding you. See your emails being read and responded to! Imagine yourself sending messages in person and electronically that are open-minded and open-hearted. Feel what it feels like to have genuine communication and connection with everyone with whom you come into contact. See yourself using words that inspire, elevate, support, and encourage. Let the feeling of positivity and enthusiasm permeate your entire body and mind. Imagine

yourself being curious instead of judgmental. Ask questions. Elevate the energy of every exchange you have with another by choosing the perfect words. You are purposeful with your Messages and your success is the natural result.

And now we will move into another critical element to your success, your relationship with **Media**. As you move deeper into the visualization of your own success, imagine that you have a balanced, healthy relationship with digital devices. See yourself gaining precious time by mindfully managing your screen time. Forgive yourself for poor media choices in the past that have wasted precious time. Embrace quality media content and applications that are in support of your goals, not distracting you from them. Imagine yourself using technology in a balanced fashion, consuming only that which you need. Have the courage and will to turn away from the addictive power of the glowing screen, and have healthier activities at the ready. Feel what it feels like to hold a good book in your hand and enjoy the words on each page. Notice how you automatically move to a calmer state of mind as you unplug from your machines on occasion. Feel the stress melt away as you choose smartphone-free moments throughout your day. Imagine performing occasional media fasts and the inspired actions you will take during those windows of possibility. Feel the power of living your true self and maximizing your performance while still having a healthy relationship with media.



Next we'll be creating more powerful environments for our success by diving into the **Messes** focus area. Your space is a reflection of you. In your mind's eye, imagine that all aspects of your home and workplace are clean, organized, and pleasing to the eye. Bring a level of mindfulness to your spaces in order to create a powerful flow of energy. You can find anything you need, whether it is a physical asset or a digital one, quickly and easily. Imagine that you have created a personal sanctuary in your home where every one of your senses is positively triggered. Feel what it feels like to be completely comfortable and supported in your personal and professional environments. Imagine that any conflicts you may have in your relationships get cleaned up as well through your clear communication and courageous ownership of mis-steps. Feel how good it will be to clean up the Messes in your life so you can drive toward the realization of your vision.

Finally, we will end our journey around the Mindful Performance Model by visualizing a healthy relationship with **Meals and ZZZZs**, two of the most important aspects of our performance success: nutrition and restoration. Imagine having a nurturing, supportive relationship with food that you savor. Taste the delicious flavor of foods that are made from ingredients as close to the earth as possible. See yourself allocating the time and resources to provide the best possible fuel for your body, morning, noon,

and night. Imagine the nighttime routine you will be performing to maximize your sleep. Feel what it feels like to turn off your devices and take care of your physical, mental, and emotional self. Hear the soothing music. Feel the warmth of the shower or bath. See yourself writing down any wayward thoughts that may get in the way of a good night's sleep. Know that you are creating a healthier relationship with the food you consume and the rest you require.

We have now traveled through the entire Mindful Performance Model in support of your future vision of success. Take a moment to honor all that you have already done towards the realization of your goals, and celebrate every last victory, no matter how small! You are a powerful force who can and will create extraordinary levels of success by implementing the strategies and visions in Mindful Performance. You are amazing. You are limitless. You are supported. You are on your way, my friend. I believe in you.