

Now, pick three everyday, ordinary experiences you've had recently that don't have a lot of emotional content and do the same exercise for them

1:-----

	1	2	3	4	5	6	7	8	9	10
C- Confident										
H- Highly Energized										
A- Awareness										
I- In Control										
F- Focused										
I- Inspiration										
E- Empathetic										

2:-----

	1	2	3	4	5	6	7	8	9	10
C- Confident										
H- Highly Energized										
A- Awareness										
I- In Control										
F- Focused										
I- Inspiration										
E- Empathetic										

3:-----

	1	2	3	4	5	6	7	8	9	10
C- Confident										
H- Highly Energized										
A- Awareness										
I- In Control										
F- Focused										
I- Inspiration										
E- Empathetic										

What did you learn from doing this exercise about how you create peak performance?

mind-mapping

Create a mind map of 3 peak experiences. Step back into the experience, 1 at a time, and relive it like it is happening again, seeing what you were seeing, hearing what you were hearing, and feeling what you were feeling. As you experience this again, let your mind free associate to the things that were going on, what and how you were thinking, the things you did that led up to that experience, etc.

Peak Experience Mind Maps:

1: _____

2: _____

3.-----

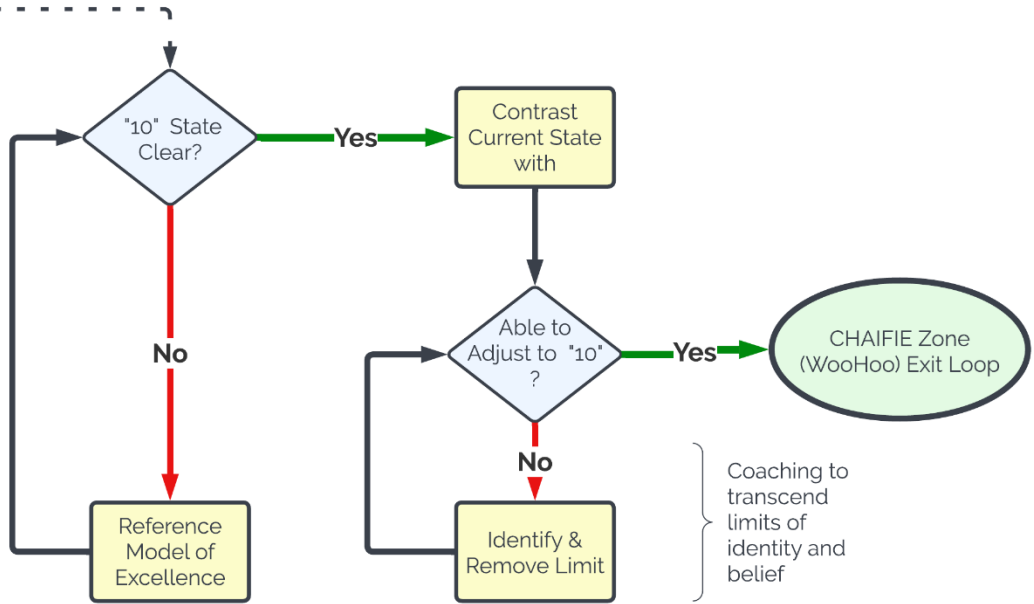
What internal and external factors did you notice from mind-mapping that are consistent in your peak experiences?

How can you organize those factors to be consistently part of your routine to orchestrate peak performance?

Coaching with CHAIFIE Model

C= Confident
H = Highly Energized
A = Aware
I = In Control
F = Focused
I = Inspired
E= Empathic

Who is a shining example of that state? What if they stepped into your place to model success?



Coaching to transcend limits of identity and belief



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