



What do you do when your
race is going poorly?

**WITH
4
EASY
STEPS...**

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I received a great question about how to change your mindset when a race is going poorly. Maybe you made a mistake and can't get past it or conditions aren't what you were expecting. This can be incredibly frustrating in the middle of a competition, and your mindset is the difference between you winning or losing. The best thing to do is create a "hiccup routine" for when things aren't going the way you planned. A routine using techniques based in hypnosis, NLP, and EFT is the best way to come back from a 'hiccup'.

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When you notice things are starting to go south, take three deep breaths



Hold at the top of each breath and lower your shoulders on each exhale



Make sure your chin is tilted up a little bit so it's parallel to the ground



Put your shoulders back slightly

(This send signals to your brain that you are confident which is crucial in any athletic competition)