



How can you believe in yourself after a failure?

**TRY
THESE 4
SIMPLE
STEPS...**

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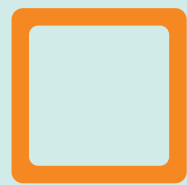
It doesn't matter how many things you do right. You make one mistake and suddenly can't remember all of those things you did so well. I see this happen all the time with athletes.

How do you come back from it?

How do you focus on the 99 things you did right, instead of the 1 thing you did wrong?

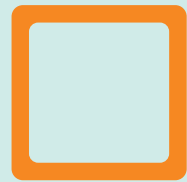
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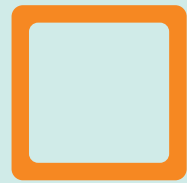
Breathe:

Take a deep breath to clear your mind and relax your body.



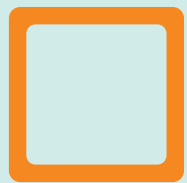
Look at the bigger picture:

Take a step back to gain perspective on your mistake.



Thought shift:

Remember those 99 things you did correctly? Focus on those! Your subconscious will keep giving you whatever you focus on. "Energy flows where attention goes" so make sure to pay attention to the good stuff!



Rewire:

If all else fails, use some hypnosis to rewire those negative thoughts!