**Meditate to Win**™

*Working with Mind, Breath and Body to Enhance Performance*

**Session One: Working with Mind.**

Optimize performance through the use of language and imagination and through

an understanding of mindfulness and meditation.

**Brainstorming Worksheet**

1. **Metaphors are a huge part of our mental experience. When you think of yourself as an athlete or performer what metaphors do you usually use? (For example, you might say to yourself “I am an animal, or I am… a tiger, a lioness, a machine”, etc.)**
2. **What other metaphors can you imagine that would help to empower you as an athlete or performer?**
3. **Having compelling reasons to work hard and win is an important tool for motivation and the integration of all aspects of the personality into the winning process. Below please list as many reasons as you can think of for wanting to win and perform to your highest capability. This can be as basic as “I want to be admired by my friends.” Or as expansive as “I want to use my fame as a winner to teach children about developing self-confidence.” Feel free to cite a wide range of reasons that include reasons which might be called both “selfish” and “selfless”.**