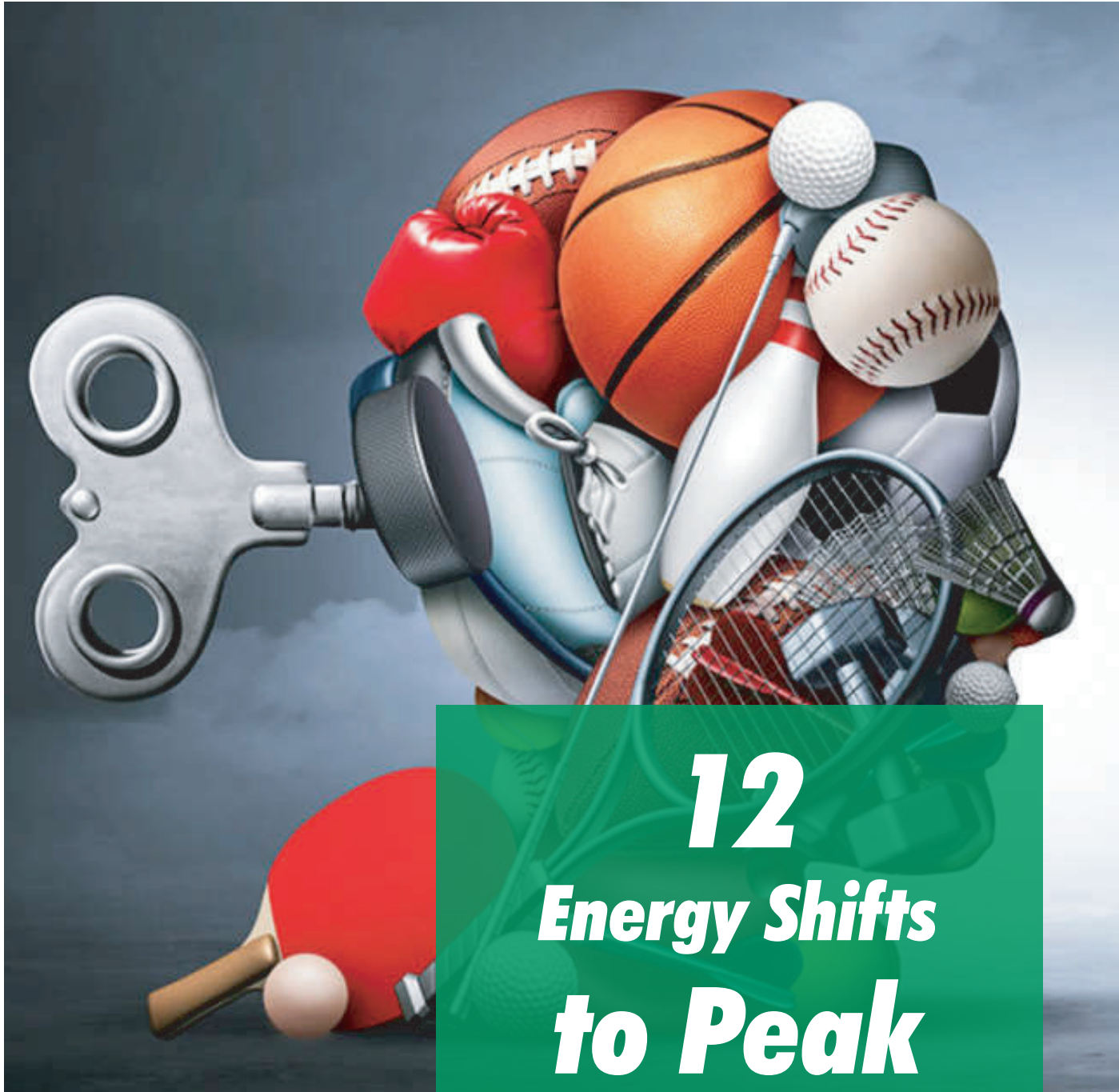


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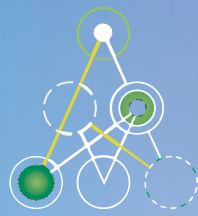


12

Energy Shifts to Peak Performance

"You are just a shift away from greatness"

Paige E. Roberts LICSW CLT
PAIGE ROBERTS PERFORMANCE NEURO TRAINING



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It's time for a shift

These energy shifts are meant for you to de-condition your mal-adaptive neuromuscular functioning from past mental and physical sports traumas and habitual resourcing behaviors keeping you from reaching your sports performance goals. .

The psychoeducation, challenges and neuroscience based sessions are scientifically proven to produce an energetic expansion in your nervous system functioning.

By increasing your nervous system's energetic capacity you will reach your peak performance potential in sports and in life!



To decondition
Past sports
Traumas injuries
or failures



To condition
positive sports
performance
neuropathways



To decrease
performance
anxiety



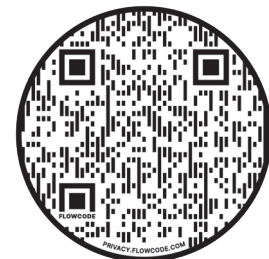
To increase
performance
confidence



To achieve
optimal sports
performance

1 Shift your Energy by Processing out the Negative Mental and Physical Energy Challenge

Daily for 10-30 minutes to detrain and decompress after practice-training and competitions. Listen to the Binaural and Biolateral sounds Located @



- ◆ Go for a walk or sit or lay in a comfortable position.
- ◆ Overthink each negative or perceived failure or challenge from practice or the day in general.
- ◆ Allow your eyes to “gaze” go into a position most comfortable while recalling the moments, interactions and scenarios.
- ◆ Access where or what sensation you feel when focusing on the moments, interactions and scenarios.
- ◆ Try to revisit each scenario multiple times to see if you can get upset or activated energetically or emotional to be sure you have mentally and physically released the memories from the body.
- ◆ Close the session out by checking in with the body to focus on actively shaking out the energy and actively stretching to release the tension within the body.





2 *Shift your Energy with Visualizing your Peak Performance Challenge*

You can actually use the same brain-body neuropathways as you would while performing through imagining and feeling yourself doing the action.

Daily 2-5 times a day for 10-30min seeing and feeling yourself going through a perfect performance from start to finish with NO MISTAKES or MISHAPS if you do find yourself visualizing and a mistake occurs take 5 deep belly breaths in through the nose and out through the mouth and start over from the beginning.



3 ***Shift your Energy with Breathing Exercises for Peak Performance Challenge***

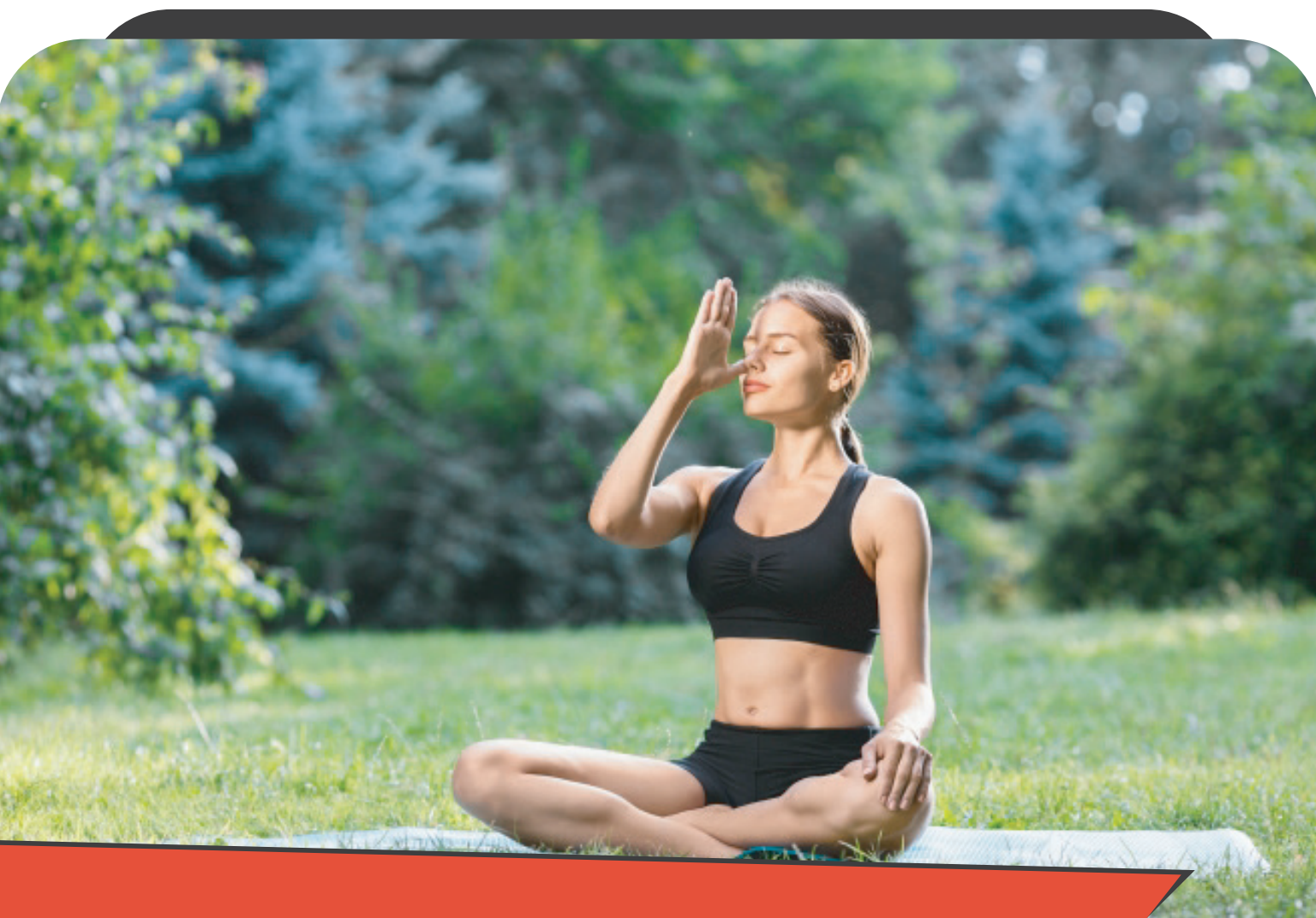
Diaphragmatic Breathing

Breathe in slowly through your nose so that your stomach moves out.

Tighten your stomach muscles, letting them fall inward as you exhale.

When you first learn the diaphragmatic breathing technique, it may be easier for you to follow the

Daily do this 5-10 minutes about 3-4 times per day. Gradually increase the amount of time you spend doing this exercise, and perhaps even increase the effort of the exercise by placing a book on your abdomen to watch it rise and fall.



4 *Shift your Energy with Meditating for Peak Performance Challenge*

To Begin a meditation practice round:

1. Sit comfortably
2. Close your eyes
3. Don't control your breathing just breathe naturally
4. Focus your attention on your breathing and on how the body moves with each inhalation and exhalation
5. Notice the movement of your body as you breathe
6. Observe your chest, shoulders, rib cage, and belly. Simply focus your attention on your breath without controlling its pace or intensity
7. If your mind wanders, return your focus back on your breathing

Do this meditation for 2 to 3 minutes and then try to expand all the way up to 30 or more minutes daily.

Daily do at least 2 minutes 2 times per day



5 Shift your Energy with Whistling for Peak Performance Challenge

Whistling stimulates your nervous system to get stronger by strengthening your “boss” never the vagal nerve. Daily try to whistle while you are doing normal activities like making dinner, taking out the trash or cleaning.

Try to get in at least 3 2-3 minute whistling sessions.

Take it a step further and get your whole team to whistle together while changing for practice..

6 Shift your Energy with Humming for Peak Performance Challenge

If you find yourself stressed or failed or dropped the ball at any moment during practice or during the game you can hum to stimulate your nervous system to tune up your energy to get back on point.

Try doing this for at least 30 seconds daily and most importantly following a disappointment.

7 Shift your Energy by Earthing for Peak Performance Challenge

The earth is 7.38 Hz frequency “Shuman Resonance” and we are 5 Hz. We can recalibrate our frequency by grounding-earthing at the 7.38 Hz frequency.

- ◆ Walking barefoot
- ◆ Submerging in the water
- ◆ Laying on the ground

Take off your shoes and walk on the ground for at least 10 minutes to recalibrate your nervous system for peak performance.

8 ***Shift your Energy by Laughing for Peak Performance Challenge***

When you laugh you strengthen your “boss” nerve the vagal nerve. So laughter is a way to expand on your performance potential. Laughing at external jokes and movies can be a great way to consistently increase your nervous system functioning.

Daily listen to a comedian or watch something funny to use laughter as your competitive advantage.



9 Shift your Energy with Optimal Brain Power with Physical Training Challenge

When you engage your entire brain fully you are allowing for Peak Performance in both sports and life!

Prefrontal Cortex (front of the brain)

Aerobic exercise helps boost blood flow and dopamine in the brain, which has been shown to help with non productive impulsivity.

Yoga can also help sharpen focus and strengthen the prefrontal cortex.

Deep Limbic (middle of the brain)

Aerobic activities that are social, such as dancing or joining a local sports team are very effective as they calm hyperactivity in the deep limbic system to enhance your mood

And increases blood flow and multiple feel good neurotransmitters in the brain.

Basal Ganglia: (middle of brain)

Yoga soothes overactivity in the basal ganglia and calm performance anxiety.

Temporal Lobes: (sides of the brain above ears)

Increasing temporal lobe activity comes from aerobic coordination activities with music playing.

Cerebellum: (back of the brain next to the neck)

Dancing, table tennis, and coordination exercises increase cerebellum activity.

Daily do one activity-exercise for each area of the brain.

10 ***Shift your Energy with Optimal Brain Power with Mental Training Challenge***

When you engage your entire brain mentally you are keeping your mind sharp to obtain Peak Performance in both sports and life!

Prefrontal Cortex: (front of the brain)

- ◆ Crossword puzzles
- ◆ Word games
- ◆ Meditation

Deep Limbic: (middle of the brain)

- ◆ Gratitude practice

Basal Ganglia: (middle of the brain)

- ◆ Progressive muscle relaxation
- ◆ Yoga
- ◆ Hand-warming in hot water
- ◆ Breathing exercises

Temporal Lobes: (sides of brains above your ears)

- ◆ Memory games
- ◆ Naming-Recall games
- ◆ Singing

Parietal Lobes: (sides of brain above the temporal)

- ◆ Juggling
- ◆ Decorating and Interior designing

Cerebellum: (back of the brain above the neck)

- ◆ Handwriting
- ◆ Journaling
- ◆ Calligraphy

11 ***Shift your Energy by Activating Both Hemispheres of the Brain Challenge***

To prepare mentally for your game-competition-performance activating both hemispheres of your brain is paramount to performing optimally. Do this challenge to activate both hemispheres right and left side of the brain before practice because we practice how we play and before you play-compete-preform.

- ◆ Cross your arms with the right arm on top for 3 minutes
- ◆ Cross your arms with the left arm on top for 3 minutes
- ◆ Clasp your hands with your right thumb on top for 3 minutes
- ◆ Clasp your hands with your left thumb on top for 3 minutes



12 ***Shift your Energy with Yoga for Peak Performance Challenge***

By doing yoga daily you activate your nervous system to de-stress, restore our blood flow to our organs and muscle tissues. And we also increase our flexibility which helps you make more gains, prevents injuries and calms your nerves. Just doing 10 minutes a day can strengthen your “boss” nerve your vagal nerve.

Do Yoga Daily for 10 Minutes with the Goal in mind to eventually get to 30 Minutes a day.

Hold Each Pose for 1 Minute this includes alternating from the right and left sides with each pose.

