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3 Quick Tips to Achieve Mindful Performance

1. Create a Positive Morning Ritual.

Take time each morning to set the tone for your day. The most successful people in the world have a positive morning ritual that sets them up for success. This could vary in time. Pieces you might choose to include:

Meditation, Yoga, Prayer, Exercise, Gratitude Practices, Visualization, Healthy Breakfast, Motivational/Inspirational Readings.

Affirmations – write them, read them, verbalize them out loud, Decide what needs to be altered.

Some negative examples ritual include: news, television/radio, waking up too late/staying up too late, skipping breakfast, too much caffeine, rushing, delay technology.



2. Take Charge of Your Thoughts and Focus.

You are the CEO of your life. You get to choose how you will focus your mind and where you will spend your time. Don't allow the world around you to dictate your focus. One of the most powerful things you can do in this life is become very intentional about the energy you give to ideas, people, and situations. Find what helps you to focus positively, not as a way to deny the difficulties, but as a way to keep yourself energized and motivated.



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3. Practice Presence.

The point of power is in the present moment. It's not in the past or future. Show up fully for yourself, others, and your life. This is the greatest gift you can give. Pull back dispersed energy and bring yourself more fully into this time and space.

Whatever you are choosing to do in this moment, do it with your whole self—mind, heart, body, and spirit. You bring your vibrant, radiant aliveness to the moment when you choose to do this. Our brains are not wired for multi-tasking.

You are actually toggling when you think you are multi-tasking, and this creates exhaustion, burn-out, and less-than-your-best end products. When you show up fully by practicing presence, you are showing up



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