



Energy Flows Where Attention Goes

NAME:

DATE:

This worksheet is a supplement training guide to “Energy Flows Where Attention Goes” video published on September 10, 2016.

Check out the link for our free resource: <http://journeytopersonalgreatness.com/greatness-training-guide/>

It's Soulful Saturday! Today's video is all about our attention, our focus. If we want to achieve extraordinary results and success in our career, or our life in general, we need to get laser focused on what it is we really want, and create a crystal clear vision of where we want to go.

What is your intention? What is the big picture? What do you want?

Meditation is the key. It offers a host of benefits, from increased productivity, and improved memory. Another big reason why people meditate is to help us stay focus in life.

Describe your meditation habits? Are you doing it consistently? Why or why not?

So how can you perform meditation properly? We've got you (and your mind!) covered.

1. Set a regular time- Not necessarily an exact time of day, but a general time. Like in the morning when you wake up, or during your lunch hour.
2. Set up a regular location- Your brain loves it when you sit on your regular peaceful space. Utilizing the path of least resistance, create a meditation space not only perfectly suited to making meditation a daily habit but also the perfect place to find peace and quiet each day. You may find it in your home office, room, or even your car.
3. Be consistent- To get the extraordinary benefits that meditation and mindfulness have to offer, you need to practice consistently. To achieve new levels of clarity, relaxation, focus, and mindful presence, you need to find a way to make meditation a regular part of your routine. Start simply if you want the habit to stick. You can do it for 5 minutes as a start and work your way up.

As soon as you know your intention. What do you need to do or burn, in order to achieve your vision?

Our Journey to Personal Greatness and peak performance programs begin soon. Sign up to our website and subscribe to our Youtube channel so you can be the first to be informed when we begin the journey to optimal health, peak performance and your personal greatness.

Alvin Brown

CEO and Founder (THCPP)

Integrated Peak Performance and Greatness Coach

Author and Speaker - Journey to Personal Greatness: mind, body and soul.

www.tchpp.com and www.journeytopersonalgreatness.com