



THE POSITIVE OUTCOME

**THE PERFORMANCE
PROJECT**

THE DIRECTOR'S CUT

When your mind introduces a negative thought (which you are not capable nor trying to stop happening) the tendency is to imagine the negative outcome in the mind rather like watching a movie.

As your mind watched the movie it becomes stressed with trying to problem solve the outcome. It can then move onto another negative outcome.

Each time this happens chemicals are released (i.e. cortisol). If they are continuously being released and cortisol levels are high they will negatively impact function.

Interrupt the movie and assume a positive out come for future scenarios. When you direct a positive outcome your mind your mind will play a positive movie in your mind.

This encourages calm and a feeling of security. When your mind assumes the positive it will work in the background to fulfill the positive outcome.

You can practice this with anything throughout the day as most of your assumptions can be concluded which will lead to feelings of confidence.

For example: 'my journey will be good' or '*my meeting will go smoothly*'.

Watch the positive movies in your mind!