

**Joseph Dowling, M.S., LPC**

**HOW TO ACCESS AND MAINTAIN YOUR PEAK PERFORMANCE ZONE**

**EXTREME SELF SUPPORT**



**PERSONAL HISTORY OF SUCCESS**

**FUTURE MEMORIES OF SUCCESS**

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PEAK PERFORMANCE

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### Create your Peak Performance Zone

- 1) Close your eyes and take 5 very slow, very deep breaths
- 2) Transport yourself back in time to your personal history of success. Revivify and magnify your best moments and experiences in your sport, art, profession, or in the game of life.
- 3) Feel the power of your most self-supportive voice. The very same voice you utilize with friends, family and teammates.
- 4) Transport yourself into future memories of success, vivify and magnify yourself achieving goals, being extraordinarily focused and confident. Experience the future memories as if they were now.

**Experience your peak performance zone for one minute or as long as you like.**

**Clients are made personalized MP3 recordings that allow them to more readily and effectively access and maintain their peak performance zone.**

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