

UNLEASH THE
PEAK PERFORMER
WITHIN YOU

CHAPTER 5

NOW ENTERING THE ZONE OF HIGH PERFORMANCE

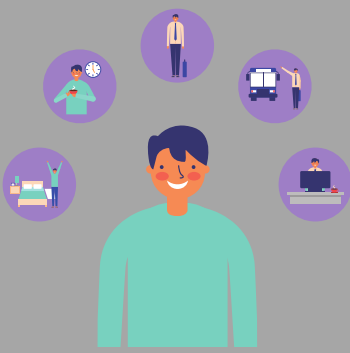
"It is when we act freely, for the sake of action itself rather than for ulterior motives, that we learn to become more than what we are."

- Mihaly Csikszentmihalyi -

Author of "Flow: The Psychology of Optimal Performance"

1

Do an honest assessment of how often and how long you experience flow in your daily life over an average week.



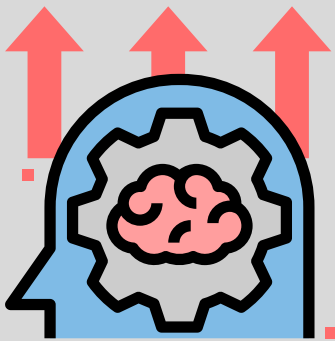
2

Make a list of the things that prevent you from applying total concentration to a task.



3

Pick one area where you can begin practicing deep focus.



INTERESTED IN LEARNING MORE?



EMAIL US
NOW

INFO@TIGERPI.COM



VISIT OUR
WEBSITE

WWW.TIGERPI.COM