



The Four Levers of Peak Performance

1 Mind Confidence

Your thoughts shape performance. Plant empowering thoughts, pull out doubts.

Guiding question: What thoughts help me step on the mat with belief today?

2 Body Confidence

Train until your body 'just knows.' Smart, deliberate practice = automatic skill

Guiding question: What one skill am I refining until it becomes second nature?

3 Emotional Control

Emotions are signals, not enemies. Notice them. Direct them, Don't let them hijack you.

Guiding question: How will I use my emotions as fuel today instead of a distraction?

4 Master Your Energy

Your fuel gauge - Keep the flame steady — not too cold (no readiness), not boiling over (wasted energy)

Guiding question: Where is my energy right now - too low, too high, just right?