

# SIX DAILY HABITS TO HELP YOU PERFORM AT YOUR PERSONAL BEST

- Catch Negative Chatter
- Write Three Positive Words
- Win The Morning, Win The Day
- Balance Your Energy
- Keep The Ball Rolling
- Visualise Your Performance





This selection of personal daily habits comes from Emma Murray's work as a high performance mindfulness coach.

These habits work best when done daily.

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PEOPLE AT THEIR BEST

## Catch Negative Chatter

Negative chatter, like dwelling on past mistakes or worrying about the future, is just thought. Thoughts are not directions and it is not the truth - so do not buy into negative chatter.



2

PEOPLE AT THEIR BEST

## Write Three Positive Words

Each day, write down three positive words or strengths that describe you when you are performing at your best.

Let these words guide you throughout the day.



3

PEOPLE AT THEIR BEST

## Win The Morning, Win The Day

Implement the '4Ms' before opening your devices:

- \**Movement* – walk, cycle, jog, yoga etc.
- \**Mindfulness* – practice breathing & presence
- \**Mindset* – adopt the best mindset for your day
- \**Musts x 3* – write three must do's

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PEOPLE AT THEIR BEST

## Balance Your Energy

Do more of the things that give you energy and less of the things that deplete your energy and can lead to stress, fatigue and burnout.

What brings you joy - make this part of your day.

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PEOPLE AT THEIR BEST

## Keep The Ball Rolling

Keep the ball rolling on tasks that are holding others up. This generates a state of momentum and of contagious energy.

Ask yourself: Who am I holding up?



6

PEOPLE AT THEIR BEST

## Visualise Your Performance

Step into the picture and the feelings of you performing at your best. Your brain believes the images you create, both positive and negative – so why not make them positive.

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Consistently demonstrating these habits produces higher levels of sustained personal performance.

*The day belongs to those who work with serenity and great aims.*

- Ralph Waldo Emerson

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