



# THE PERFORMANCE MODEL FOR THE QUANTUM OLYMPICS

## Step One: Decide

Take action! Write down your individualized expression, dreams, or goals.

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Write down the result you would like to achieve from actualizing your individualized expression, dreams, or goals. This is your reward statement.

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## Step Two: Self-Mastery

Discipline your mind with the positive. What five positive beliefs do you have about yourself that will support you in successfully integrating and living your individualized expression, dreams, or goals?

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2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

On a separate sheet of paper, write down any negative, limiting, or other's beliefs and influences that stand in the way of achieving your individualized expression, dreams, or goals. Once you have done this, release your negative or limiting beliefs by burning the paper in a safe place and watch these beliefs go up in smoke.

## Step Three: Change

What changes or upgrades are necessary to achieve your individualized expression, dreams, or goals?

Short-term:

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Long-term:

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## Step Four: Partner the Conscious and Subconscious Mind

Align your thoughts, words, and actions. Choose an exercise in this step or come up with your own strategy to partner your conscious and subconscious mind.

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## Step Five: Flip and Switch

Is there a negative thought, word, belief, or action that you need to replace with a positive flip and switch? Write down your positive flip and switch.

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## Step Six: Be Consistent in Your Commitment

What do you need to put into action to consistently walk your talk every day?

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## Step Seven: Be and Play like a Pro

How can you be a pro in your life? How can you nourish, perform, dress, and act the part of who you are in the accomplishment of your individualized expression, dreams, or goals?

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## Step Eight: Evaluate, Finish Strong, Hit the Wall, Celebrate

Evaluate: How are you doing? (What is working; what is not? Are you meeting your objectives?)

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Finish strong: What do you need to do in order to finish strong?

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Hit the Wall: What is your strategy to overcome the wall?

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Celebrate: How and when are you going to celebrate your successes?

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## Step Nine: Manage Your Spiritual Bank Account

How can you share the wealth of who you are? (List general and specific ways.)

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