

Psychological Peak Performance

The plasticity of our minds can be harnessed to deliberately increase psychological performance just like a gym work out.

- **Gear Check.** What gear (1-5) is warranted by the task. Use the lowest gear (stress or arousal level) needed to get the desired result and no more.
- **Embrace variability.** Focused and multi tasking time, resting and heart rate time, solitude and company, tasks you love and tasks you don't. We are not designed for 'grey'.
- **Scan emotions** Practice spot checking and granulating emotion to find the most descriptive emotion possible. Eg "Frustrated" may be replaced with "despondent"
- **Reduce rumination** Randomly pay attention to what is taking up space in your mind and colour code thoughts according to traffic lights: *Green=helpful Amber=helpful in moderation, Red=unhelpful*
- **Use a sleep tracker.** Pay close attention to the conditions that subtly increase and decrease sleep quality such as temperature, caffeine, light before sleeping etc.
- **Practice focus.** Choose a focus point a few metres in front of you. While you leave your eyes on it, become aware of the wider view as if you were changing the aperture of a lens. Then focus back in and try to block out the peripheral view again. Repeat in approx 15 second blocks
- **Do hard things** Willpower isn't born from doing easy things. At least once a day do something you really don't want to do. Cold shower, if you're shy - volunteer to chair a meeting.