



7 Proven High-Performance
Hypnosis Techniques For
**ATHLETES & SPORTS
PROFESSIONALS**





Are you an athlete or coach looking for a way to unlock your full athletic potential?

Recent studies show hypnosis can offer you an edge in mental performance and physical outcomes. With just a few clever techniques, those involved in sports at any level can benefit from the power of hypnotherapy and make headway toward mastering athletics. In this Ebook, we'll cover 7 essential techniques to boost your mental performance with hypnosis so that you can take advantage of all its benefits and help you reach your sporting goals!

INTRODUCING THE MENTAL PERFORMANCE COACHES PROFESSION

Mental Performance Coaches are professionals trained in counseling, support, sport psychology, and coaching to help athletes achieve their full potential. With mental skills training, you can overcome psychological barriers without crossing over into clinical issues such as depression or eating disorders (clinical psychology).

Our Ebook introduces you to 7 techniques, including hypnosis, to improve your mental toughness and break through mental barriers. Hypnosis is a powerful tool enabling communication with your subconscious mind, essential for improving concentration and performance in critical moments.

Developing mental toughness is crucial for athletes. Our book will teach you how Mental Performance Coaches can help you overcome challenges, perform well under pressure, and bounce back from setbacks.

Don't let psychological barriers hinder your performance. Instead, invest in your mental preparation today and unlock your full potential with the techniques outlined in this Ebook.

- 1** Mental Checklist
- 2** Bilateral Simulation
- 3** Power Pose
- 4** "Positive Regression" Technique, Anchoring for Improved Athletic Performance
- 5** The Peripheral Vision, An Essential Tool for Boosting Athletic Performance
- 6** Voice Shifting, play with your imagination.
- 7** Talking House

Technique 1

MENTAL CHECKLIST

As a mental performance coach, I always recommend my clients use a mental checklist to enhance their performance. This technique is based on the idea that taking your thoughts out of your head and putting them on paper can help you organize your ideas and improve your relationship with them.

Athletes usually use physical checklists to prepare for their competitions, but in this case, we will create a mental checklist. This checklist will include the techniques that we will be sharing in this Ebook, as well as any other mental exercises that you are already familiar with.

To create your mental checklist, take a small card and write down the techniques you want to use before your competition or training session. For example, breathing exercises, visualization, meditation, power poses, or bilateral stimulation. Attach the card to your backpack, bracket, or anywhere you can access before your competition.

The purpose of the mental checklist is to help you remember to use these techniques and ensure that you retain all of them. By doing so, you will feel mentally prepared and confident before your competition, and you can focus better on your performance.

Remember, a mental checklist is similar to a pilot’s physical checklist before flying a plane. It does not matter how experienced you are; having a checklist can help you stay organized and focused. So, use your mental checklist today and see how it can benefit your athletic performance!





Technique 2

BILATERAL SIMULATION

As an Athlete, you might sometimes feel anxious or stressed before a game or competition. These feelings can interfere with your performance and prevent you from doing your best. That's where mental performance techniques can come in handy. One such technique is bilateral stimulation, which can help you reduce anxiety and eliminate unwanted thoughts or behaviors.

Bilateral stimulation stimulates both sides of the brain, interrupting unwanted thoughts or feelings. The technique is simple and can be done anywhere, anytime. For example, here's how you can use bilateral stimulation to reduce anxiety:

Step 1: Rank Your Anxiety

First, rank your level of anxiety (or any other unwanted feeling) on a scale from one to ten. This will help you track your progress as you use bilateral stimulation.

Step 2: Pass an Object Back and Forth

Take any object you can access (e.g., a water bottle, keys, ball) and pass it back and forth from one hand to the other, crossing the mid-line of your body to ensure you are stimulating both hemispheres. Keep one hand in front of you as you pass the object with the other hand out to the side. Do this for a minute.

Step 3: Notice How You Feel

Notice how you feel after a minute of passing the object back and forth. If any anxiety or unwanted feeling remains, simply repeat the technique until that feeling has dissipated. This works because you are spreading blood and electrical impulses throughout your brain. When this happens, the area associated with the unwanted feeling is flooded and diffused. A roadblock is created.

Step 4: Repeat as Necessary

If your anxiety or unwanted feeling has not dissipated after one minute of bilateral stimulation, keep repeating the technique until it does. Remember to move both arms and cross the midline of your body.

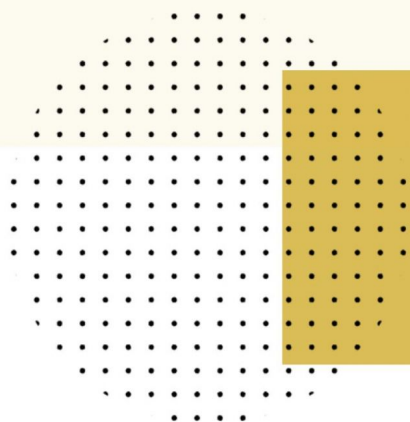
Bilateral stimulation is a portable technique you can use anytime, anywhere you need. It is simple but profound in interrupting unwanted patterns and creating better state control. By interrupting unwanted thoughts or behaviors, you can improve your focus and concentration, leading to better performance on the field or court.

In addition to reducing anxiety, bilateral stimulation can help with other unwanted feelings or behaviors, such as anger or frustration. By interrupting these patterns, you can improve your mental and emotional well-being, leading to better performance in sports and life.

Remember, as an athlete, your mental performance is as important as your physical performance. Incorporating mental performance techniques like bilateral stimulation into your routine can improve your focus, concentration, and overall performance. So the next time you feel anxious or stressed before a game or competition, try bilateral stimulation and see how it can help you perform your best.

This technique might seem silly, but it's backed by scientific research. Bilateral stimulation stimulates both the left and right sides of the brain, causing the neurons in your brain to relax and calm you down. People do this technique subconsciously, like when a baseball player swings the bat back and forth or when someone moves their hands while thinking.

The great thing about this technique is that it's discreet. You can do it underneath a desk or while sitting in a meeting without anyone noticing. In addition, practicing this technique regularly can reduce stress levels and improve mental performance, helping you achieve your athletic potential. So, next time you're stressed, grab an object and start passing it back and forth to calm your mind and body.



Technique 3

POWER POSE

The power pose is widely used in sports to boost mental performance. It involves assuming an open and confident posture, such as the “Usain Bolt lightning pose” or Ronaldo’s “siiuuu” celebration. After Ronaldo jumps and lands, supporters typically join the forward in roaring the word, producing a booming sound reverberating throughout the stadium.

The science behind this technique is that it allows you to express yourself openly and feel in control, ultimately putting you into a winning mindset.

In hypnosis, we can anchor this power pose with winning. Every time you strike a winning pose, you visualize it as a symbol of success. This helps connect your conscious and unconscious mind, allowing you to believe in your athletic potential. Even if you feel silly when doing it in public, remember that many successful athletes use power poses to prepare themselves mentally before a game.

So strike your power pose, connect with your inner superhero, and let your subconscious mind believe in your potential to win. Remember, the only thing your unconscious mind knows is what you tell it, so use the power of your body language to your advantage.

Technique 4

“POSITIVE REGRESSION” TECHNIQUE, ANCHORING FOR IMPROVED ATHLETIC PERFORMANCE

If you’re an athlete looking to achieve your full potential and improve your mental performance, then Positive Regression is a technique that may work for you. Positive Regression is a technique in which an anchor is used to physically and emotionally connect you to a future state of your goals. In addition, this technique allows you to tap into your subconscious mind to reprogram your thoughts and create a sense of confidence, control, and focus.

An anchor is an object, phrase, or physical movement that triggers a specific state or emotion within you. To create an anchor, you can choose something reliable and easy to use, such as a word or phrase you can repeat to yourself or a specific gesture or movement you can perform. This technique is versatile and can be used across many different sports. For example, a client, a baseball player, uses the word “shazam” as an anchor or a gymnast can use a specific gesture or movement before a routine.



The Positive Regression technique can be used by following these simple steps:

1. Create your anchor

Choose a physical movement, phrase, or gesture you can use.

2. Connect to a memory

Recall a time when you executed a perfect play and feel the emotions associated with it.

3. Double the feeling of greatness

Imagine your feeling when you executed that perfect play and double it. Repeat this process several times, letting the feeling grow and expand within your body.

4. Trigger the anchor

Say your phrase or perform your gesture to trigger the feeling of greatness and connect with that past memory.

By practicing this technique, you are programming your mind to react positively to your anchor, which leads to the generation of your desired result. Positive Regression reprograms your subconscious mind to view success as inevitable, which boosts self-confidence and helps you approach competition with a winning mindset.

Moreover, the Positive Regression technique has numerous benefits for athletes. It can help you maintain focus, improve discipline, stay calm under pressure, and improve your overall performance. With a trained mind and a positive mindset, you can hit that perfect swing, execute the perfect stroke, or perform your perfect routine efficiently.

So, consider trying the Positive Regression technique to boost your mental performance and achieve your athletic goals. With practice, you can anchor your future state and tap into the power of your subconscious to achieve peak athletic performance.

Technique 5

THE PERIPHERAL VISION, AN ESSENTIAL TOOL FOR BOOSTING ATHLETIC PERFORMANCE

The peripheral vision technique is one of the most effective techniques for enhancing mental performance and achieving athletic potential. This technique allows athletes to focus on a point and make everything else disappear, expanding their vision by moving their attention and playing with their senses.

The beauty of this technique lies in its simplicity. Athletes can focus on a point using anything, be it a wall or ceiling, and make everything else disappear. By doing so, athletes expand their vision and attention, enhancing their mindfulness and presence and reducing anxiety and stress while being more aware of their surroundings.

Moreover, the peripheral vision technique is portable, making it an effective tool that athletes can conveniently use on their own, anytime, anywhere. With regular practice, athletes can experience its increasing effectiveness and realize the full potential of their vision and attention.

The technique improves with consistent practice, making it a must-have for enhancing athletic performance.

While we have a variety of techniques, the peripheral vision technique is portable, as all 7 methods in this Ebook make it easy for athletes to use whenever and wherever they want.

First, begin by focusing on a fixed point in front of you. Then, allow everything else to disappear and bring your awareness to the present moment. Finally, take a few deep breaths and let go of any distracting thoughts.

Next, slowly expand your vision by asking yourself, “What is next?” without moving your eyes. As you do this, continue to observe your surroundings until you have taken in everything in your peripheral vision.

This technique can be incredibly helpful in cultivating mindfulness and being present. It can also help reduce anxiety and stress. In addition, you can develop your peripheral vision and consciously expand your attention and awareness with practice.



Here is a simple exercise to improve your peripheral vision and mindfulness:

1. Find a comfortable seated position and take a few deep breaths to settle into the present moment.
2. Focus your gaze on a fixed point in front of you.
3. Slowly expand your attention by asking yourself, “What is next?” without moving your eyes.
4. Notice everything in your peripheral vision without judgment or analysis. Be present with whatever arises.
5. Take a few more deep breaths and release any tension or stress.

Practicing this exercise regularly can develop your peripheral vision and cultivate mindfulness. Remember to stay present and stay curious about everything around you.

Technique 6

VOICE SHIFTING, PLAY WITH YOUR IMAGINATION.



If you are struggling with negative thoughts and limiting beliefs, this technique can help. The sixth technique described in this E-book is Voice Shifting. The technique empowers athletes to slow down negative thoughts, change the intonation, and imagine the negative voice as a cartoon character. This simple yet effective tool can be used anytime and anywhere to overcome negative thoughts and replace them with positive self-talk.

First, focus on a negative thought like “I’m not enough.” Then, slow it down and say even slower, “I’m not enough.”

Then, change the voice to something absurd like high-pitched Mickey Mouse or Winnie the Pooh’s donkey, Eeyore.

The idea is to take the power away from the phrase by making it silly and funny.

By doing this technique, you can regain control of your thoughts and replace negative self-talk with positive ones. It’s an excellent tool for athletes looking to improve their mental performance and achieve their athletic potential.

Technique 7

TALKING HOUSE

The Talking House technique is about keeping positive, inspiring messages in strategic places around your home. This can be achieved through simple prints, images, or even objects that will provide a daily reminder of the goals you want to achieve.

Think about the areas of your home you often visit and place messages or objects there. For example, put an inspiring image of a soccer player or a message like “You are a great swimmer” inside your bathroom.

Placing messages on your fridge, such as “You are worthy of healthy food,” can help with weight loss goals.

The key to success with the Talking House technique is repetition and consistency. The more you see these messages or objects, the more their message will sink in, and the more your brain will respond to their positive reinforcement.

Visual aids like images or objects can work even better for some people. For example, placing a trophy on a shelf or a medal on the wall can constantly remind you what you want to achieve.

Another powerful technique is to incorporate affirmations into your messages. For example, instead of just “I am a great athlete,” you can say, “I am a great athlete, and I am worthy of success.” Other examples include “I am strong,” “I am determined,” and “I am in control of my body and mind.”

The Talking House technique is excellent for athletes of all levels who want to achieve their full potential. But it can also work in other areas of your life where motivation and positive reinforcement are critical. So try it out and see how it can transform your mindset and help you achieve your goals.

It’s exciting to think about all the different ways hypnosis can help athletes reach their full potential. By developing powerful mental checklists, practicing bilateral simulations, and becoming familiar with anchoring, power posing, voice shifting, and other incredible techniques, you can take your mental performance to a whole new level and achieve more amazing feats in sports. There’s no better time than now to tap into the tremendous power of hypnosis - so why not start your journey today? Joining our Facebook group is a great way to get support from others who understand what you’re going through and share tips that worked for them. If you’re ready to go further and deepen your connection with these techniques, make sure to contact us for a free call consultation with your coach. Together we’ll work hand-in-hand to discover all that hypnosis offers you - so let’s make it happen!



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