



The Perfect Performance Success System™

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Success - Mastering a Technique publication date: Feb 22, 2009

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Coach Tim Adams here in Russia...

I've been spending a lot of my time with Coach Alex. He is a true master and an amazing man. He's one of those guys you just love being around because he brings everyone around him to a whole new level!

When you are in the midst of a master there is just so much to take in! That's why I'd love to share some more insights into how one becomes a master...

Being a master is all about integration. Integration? Yes Integration.

A true master must integrate his mind, emotions, and his spirit, with his body and move that into specific action. To truly master something you must have total control over not only the specific skill or activity you are performing, you must have mastered the battle that rages within...

And this internal battle is not just your thoughts and beliefs...it includes your emotional responses and your spiritual power as well!

This is not something that comes overnight or just because you wish it to. No it requires that you put the time, energy and very specifically directed effort into your intended outcome. It requires you take action.

You see, we trying to go from being in our head and thinking about things to just doing them. This requires that we move the action from our frontal lobe of our brain down into our brain stem! This moves our thoughts and emotions from "being in our head" to actually becoming them and doing them at a non-conscious level!

So how do you do it?

It's simple...yet it requires you do the work...

Good technique is developed through the skillful use of your tools. It's fundamental to your performance.

It is through deliberate and diligent repetition that technique becomes a great skill. And when this specific skill is repeated consistently then you create a unique capability. And it's your use of this ability, which allows you to make things happen during competition.

In fact it's your use of this ability that makes others think that what you do is not that big of a deal because you make it look so easy! So easy in fact that onlookers believe that they can get up out of their seats and do the very same thing.

That's the mark of someone who has mastered a technique! So choose the tools you want to develop wisely.

Then repeat those tools, techniques, and strategies over time so you can perfect it.

Pursue this with passion and it will not be long before you too will be considered a master!

Remember...

Success is not by chance, it's by CHOICE!

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