16 Second Reset

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Years of experience coaching premier athletes has taught us that the volume of stress rarely defeats us; rather is the lack of intentional recovery.

In fact, recovery skills separate the energized from the fatigued. Brief moments between periods of high stress are essential to recover with impact.

This 4-phase sequence takes as little as 16 seconds -the time between points in a tennis match- and can be applied to any situation.

Take a positive physical stance.

Keep your shoulders back and head up.
Walk confidently to create positive emotions.

Relax.

Take a breath.
Release any tension.
Allow your heart rate to drop.

Prepare mentally.

Think about what you want next.
Plan your strategy.
Visualize success.

Follow a ritual.

Establish a ritual to signal a new beginning.
Try a simple gesture or mantra.
Ready yourself to begin again.

Recover to be your best. Take your 16 seconds now.

thrive

CULTIVATING ENERGY TO BE YOUR BEST SELF