Think Well: Biohacking a Performance Mindset

Breathe to Reset

Feeling drained? Boost your energy fast with intentional breathwork. Try "double breathing": two quick inhales through the nose, one long exhale through the mouth. Repeat five times, pause, and complete three rounds. In just five minutes, you'll feel more focused, alert, and ready to go.

Light the Way

Light plays a big role in energy and sleep. During the day, use bright, cool white light to boost focus this suppresses melatonin and keeps you alert. In the evening, switch to warm, mellow lighting like a Himalayan salt lamp. This signals your brain to wind down and supports better sleep, which is key for peak performance.

Aromatic Anchors

Unlike other senses, smell goes straight to the brain's emotional and memory centres which is why scents can instantly trigger feelings or memories. By pairing a specific smell with breathwork (like box breathing or double breathing), you train your brain to associate that scent with calm or alertness. Over time, just smelling it can shift your mental state like flipping a switch.

Sleep Smart

Sleep is essential to help your body and mind reset. Using a sunrise/sunset lamp with calming sounds can improve sleep quality by syncing with your natural rhythms. You'll fall asleep easier, wake up feeling refreshed, and have better focus and energy the next day.
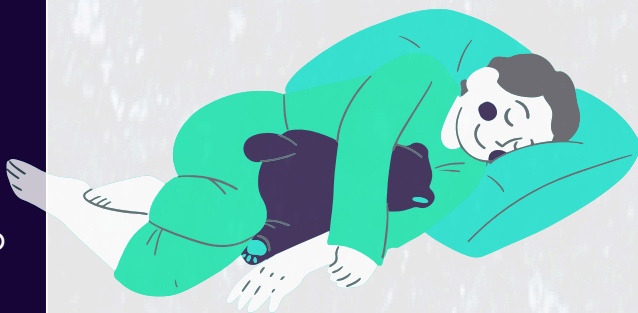
Gratitude

Positivity boosts productivity, accuracy, and persuasiveness. One simple way to train your brain for positivity is by writing down three things you're grateful for each day. Do this for 21 days, and you'll rewire your brain to focus on the good more often. It's a powerful way to end the workday and shift into your personal life feeling present and positive.

ACTION POTENTIAL
PERFORMANCE