

"7-UP" Technique

(Cheat Sheet)



Imagine a scale from 1 – 10.

The least amount of energy/focus needed to complete a task is “1”

The max level of energy/focus needed to complete a task is “10”

Ask yourself:

1. “What level do I need to be at to do this (the task)?”
2. “What level am I at right now?”

Then, focus on the number you need to reach.

If you are below the level needed, raise your energy level to match what’s needed.

Do this by visualizing a flow of energy coming up through the ground, into your feet, and upwards throughout your body.

Feel this surge inside you. Let it continue to surge higher until you feel your energy/focus is above the required level.

Wreck that shit!