



MENTAL TRAINING

## THESE MOMENTS MADE MY DAY!

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Take a breath  
Watch your breathing...  
“in and out”...  
for 1 to 3 minutes.  
See and feel the difference!

*Small things make  
your life great again!  
The “WOW- effect” produces  
the happiness hormon  
“dopamine” in your body.  
Recommendation:  
15 “WOW’s” a day.*

## THESE PEOPLE MADE MY DAY!

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To whom could I praise/make a compliment/thank today? Try to express it. How was it possible for me to do that? How do I feel now? In which way did the other person respond? Imagine this moment of “brotherhood” internally and watch your breathing. See the difference and feel: You are not alone!

***By feeling connected with other people to whom you trust, your body produces the happiness hormon called “oxytocin”.***

## THESE THOUGHTS ABOUT MYSELF MADE MY DAY!

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What are good things I and others tell about me? Which talents do I have? What am I proud of? What gives me courage and security? My golden formula: "I am O.K.!" / "Whatever I set out to do, I achieve!" Keep your golden formula in mind. With every breath you take, you bring it inside and by breathing out you settle it within yourself (3–4 repetitions). By breathing out, imagine that you share it with the world.

***By believing in yourself, you begin to love yourself. If you love yourself, you will respect yourself and others will follow to do so.***

## THESE HUMANS OF HONOUR MADE MY DAY!

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Idols are people with character, dignity, compassion,... They conquered various obstacles in life and made this world a better place!

**My personal idol:** Your favorite grandson/-daughter gives a speech at the occasion of your 80th birthday! What are the 3 main values, achievements and actions he/she is pointing out about you? (i.e. endurance, success, social engagement, ...) Think about these values while you go to bed.

*While you sleep, your body creates the necessary base for good health and maintaining your performance.*

# THESE THOUGHTS ABOUT THE FUTURE MADE MY DAY!

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Take a journey through time into your own future. You are arriving exactly in the moment you reached your goals. Make yourself a very detailed picture about how your life goes on, if really everything worked out in the way you desired it. What year is it? How old are you? Watch ... relax and breath ... memorise and deepen the feeling within you. Tell yourself: "I trust in my abilities, I will do it!" and "I am worth it, i deserve it!"

***With a good goal in mind,  
you overcome all obstacles!***