

TEN Minute Mind Gym APP Exercise

SFX: Alpha State Music begins:

SFX ANNCR: Congratulations you're ready to use the power of your mind to easily transition you into a powerful workout.

Experience peak performance, break-thru to new levels, stay motivated, feel good, this first TEN minutes will fly by... Now take all those busy thoughts swimming around your mind, put them in a little bubble, let it rise above your head, it will be waiting for

you if you choose to retrieve it. Now is your time, simply take a slow deep breathe... release... set your intention "my first TEN minutes of workout will be easy and pleasurable", now let the music take control, enjoy your workout, you will easily succeed ...

Positive Suggestions:

My mind is calm

I am confident in my ability to succeed

My goals are very important to me

A strong work out is my goal

I enjoy spending time working out

I like to exercise

I feel good when I exercise

I am receptive and motivated

SFX: (Bring in heartbeat)

SFX: Fade out heartbeat fade up Beta

State Music

Positive Suggestions

I like a challenge

I am motivated

I love this

I am succeeding

I am energized

I feel strong

Keep going

Go Go Go

Every step I'm becoming stronger

Workout is easy

Effortless

I enjoy working out

I have so much energy

I feel good

I believe in myself

I like the way I feel

I am energetic

I succeeded!

SFX ANNCR: Congratulations Ten minutes

has easily passed enjoy the continued

success of your workout.

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