

## Accelerate Your Performance . . . How to Focus Fast During Critical Situations

**RULE #2 Your Brain is A Problem Solving Machine!** That's great news – RIGHT? Think about it, all you have to do is ask it a question and it gives you an answer. That's pretty cool. Well, that's not exactly how it works. The brain could care less about *what* answer it gives. It simply gives the best answer it can . . . based on the question you ask it. So "tag – you're it!" Once again you're the boss.

**Asking a Question** is both the problem and the solution to getting your head back in the game. All too often we ask questions, purely as a reaction to a situation, that will confuse our brains and cause it to become frustrated, upset, and afraid of what will happen next. Then we follow it up with doing something really stupid. None of which will improve a performance.

**Imagine This:** You are on the golf course. Last nine holes of a critical tournament. Lots of money and prestige are on the line, not to mention your respect. You're in the top three on the leader board and you just hit your drive deep into the rough. What do you do? Slam your club into your bag, after picking it up from where you threw it? Mumble some four-letter words under your breath? Shake your head and scream into the hollows of your mind:

- *"What in the hell was that?" "Why can't I ever finish?" "You stupid %&\*#. How are you going to get out of this mess?"*

**What happens next?** Your brain goes into overdrive trying to solve the questions. It searches for answers stored in your memory banks. It recalls the last time you screwed up and re-creates the fear, tension, worry and confusion from the past. You spend the next several holes trying to get your composure, your focus and your game back on track. All because you didn't ask the right questions!

### How to Get Answers You Deserve – So You Focus Fast During Critical Situations

**The SECRET to Rule #2** – Ask questions that go directly to end result. Questions that describe exactly what you want to achieve.

*"How will I adjust that shot the next time to get it right?"*

- Your brain starts to search to find all the ways to make adjustments. You have the answers. The right question helps you access the right answers.

*"What can I do right now . . . to make this next shot my best ever?"*

- You get answers like: breathe, put the last shot behind you, focus on what you can control. Apply the ClearEdge techniques to make that happen. Then rip it!

Clear thinking, focus, problem solving and calming yourself down in critical situations can happen quickly . . . if you have some pre-planned and well-formed questions. When you ask specific well-formed questions, you get answers that can get you into the ZONE and back on course fast!

**Bottom line** - engage your mind with questions that bring you back to the present, the only place you have power. They will focus your mind and de-sensitize emotional upheaval. **You Win!**

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