

3 min. To Feel Better. 3 min. To Move Better. 3 min. To Perform Better.

**RITUALIZE TO ACTUALIZE**

**Three Minutes**

**Pre-Performance and During Performance**

- Release all negative self-talk (release mental bricks of your barrier wall)
  - Breathe: Tempo ● IN – 6 sec. HOLD – 4 sec. EXHALE –10 sec.
  - Visualize Positive Outcomes
  - Positive Self-Talk
  - Be BIG
- FEEL BETTER • MOVE BETTER • PERFORM BETTER

**Take to your practice with purpose!**

Support your moment-to-moment process towards your "WHY" by being supportive of your mind/body with optimal resources and recovery fueling your change. The Pillars of long lasting change are: **Mindset, Recovery, Nutrition/Hydration, and Movement**. For further assistance see UpRight Movement's [Regeneration Guidelines](#).



**UPRIGHT MOVEMENT**

Defy Gravity