



RAIN METHOD

RAIN method is a practical skill to utilize in real time to shift your brain from high disruptive brainwaves to lower more effective state of brainwaves.

Recognize

Everything starts with awareness. The first line of processing for our brain occurs with awareness. Can you be aware of your triggers? Bad Habits? Irrelevant thoughts? Anything that is taking you away from the present moment? Practice this step with meditation and journaling. Without awareness your brain will run on defense mode which is NOT ideal to perform at a high level.

Accept

Instead of trying to fix, ignore, suppress, change, or will power your way into or out of a thought or emotion, you are much better off accepting this experience for what it is. Acceptance doesn't mean you're comfortable or confident. Acceptance allows the brain time to turn off its defensive mode and allow you to begin pursuing what matters. Executing your skill with full commitment!

Interest

Having curiosity is the ability to nonjudgmentally point out the discrepancy between what our brain thinks it's doing for us versus what we actually get out of it. Hmmm interesting, how my brain thinks trying to guide the ball where I want will improve my success when what it really does is makes me feel worse and perform worse.

Now

Your brain is now ready for clear and committed direction in the present moment. If you ask yourself what do I want to do now and how do I want to do it now? Once you can answer these questions you are free to commit to this action with no expectations of what is to come. A willingness to see what happens and learn from it is the optional psychological state for your brain to perform well.



 (239) 355-4954   athleticmindperformance  eric@athleticmindperformance.com
www.athleticmindperformance.com