

Thirty Things You Need To Do To Perform Your Best And Stay In The Zone

What are the thirty tools and techniques you need to use to be calm, focused and confident when the pressure is on? Master these and you will stay in the zone.

RIVER EDGE, NEW JERSEY, UNITED STATES, January 2, 2019 /EINPresswire.com/ -- Thirty Things You Need To Do To Perform Your Best And Stay In The Zone



In order to perform your best, you need to understand what the zone is and what you need to do change to get there more often."

*Jay P. Granat, Ph.D.,
Psychotherapist, Author,
Founder, StayInTheZone.com*

If you're a sales person, a manager, an entrepreneur, a trial lawyer, weekend warrior or a professional athlete, you frequently an edge to perform to your fullest potential.

What Is The Zone?

And in order to perform your best, you need to know how to be relaxed, how to be confident, how to stay in the present, how to remain focused and how to enjoy the

challenge. In addition, you need to quiet self-criticism and self-doubt. You also need to trust your mental and physical abilities.

"In short, the zone is a state of relaxed concentration where there is no self-criticism. You are confident, relaxed, focused and living in the present. Furthermore, there is a sense of enjoyment and an increased belief that your dreams can become realities. Once know what you zone is and what you need to change, you can get there more often," says Dr. Jay Granat, psychotherapist, author and founder of www.StayInTheZone.com

Thirty Tools You Need To Use Effectively To Stay In The Zone

Dr. Granat has worked with thousands of world class athletes, young athletes and weekend warriors.

He has recently developed a simple questionnaire and rating system that can help you to get into the zone more frequently and perform your best when the pressure is on.

Here are the questions.

Simply rate yourself from 1-10 on each of the questions.

You can use ratings from zero to ten and you can use decimal points.

1. How confident do you feel?
2. How relaxed do you feel?
3. How focused do you feel?
4. How well have you been practicing?
5. How resilient do you feel?

6. How well do you sleep the night before a competition?
7. Are your eating, sleeping and exercising patterns in balance with one another?
8. How much fun do you have when you compete?
9. Can you quiet self-criticism?
10. Do you engage in positive self-talk?
11. Are you able to tune out distractions?
12. Are you able to stay in the present?
13. Do you have pre-shot routines that you consistently use?
14. Do you have a "Plan B," if your "A Game" is not working?
15. Do you follow an eating regime that makes sense for your body?
16. Are you injury free?
17. Can you empty your mind and trust your athletic body?
18. Can you quiet your mind to focus on just one thing?
19. Are you injury free?
20. Are you able to control any interpersonal problems or stressors?
21. Do you use a simple mantra, phrase or tune to reset your mind and your body?
22. Do you know how to recover from a loss, setback or slump?
23. For young athletes-How is your relationship with your parents?
24. Have you seen yourself on video in the last ninety days?
25. Are you grateful for your opportunity to master a sport or a skill?
26. Do you have a technique to move from choking to the zone?
27. Are you having fun competing and practicing?
28. Can you manage the highs and lows that are a part of any challenge?
29. How is your relationship with your coaches, teammates, colleagues?
30. Do you practice meditation, visualization, guided imagery or visualization prior to competing and when you practice?

"Ideally, I like to see athletes with scores of 8.5 on most of the above. Being eighty five per cent ready, is usually enough to produce fine performances. So, a perfect score on this test is about 255. If you get this score, there is a good chance that you are in a mental frame of mind that will allow you to perform well.

If you discover weaknesses that are causing you to lose matches and tournaments, you need to develop strategies and techniques to overcome these deficiencies.

It is hard to make these kinds of changes on your own. A sport psychologist, coach or mentor can often be quite helpful in building confidence, reducing anxiety, improving focus and in showing you how to enter the zone more often.

If your scores are very low, you can probably benefit from some counseling, mental toughness training or training in self-hypnosis," says Dr. Granat.

Jay P. Granat, Ph.D., is a Psychotherapist, Hypnotherapist and Licensed Marriage and Family Counselor. The founder of www.StayInTheZone.com, Dr. Granat has coached athletes from virtually every sport from around the world. His clients have included Olympic Gold Medalists, professional golfers, Division I athletes, tennis pros and elite young competitors and national champions.

A former university professor, Dr. Granat writes a weekly column for five newspapers and has appeared in many major media outlets including: Good Morning America, The New York Times, The BBC, The CBC, Sports Illustrated, The Wall Street Journal, USA Today, Sporting News, ESPN, The Newark Star Ledger, ESPN, Tennis Magazine, Tennis View Magazine, Iowa Golfer, Executive Golfer, and The Bergen Record. Golf Digest named him one of America's top ten mental gurus.

Granat earned his Masters and Ph.D. in Counseling from The University of Michigan. He is the author of How To Get In The Zone And Stay In The Zone With Sport Psychology And Self-Hypnosis, How To Lower Your Golf Score, Zone Tennis 101 Ways to Break A Hitting Slump, Zone Tennis, How To Get Into The Zone In Just One Minute, How To Have A Killer Serve With Sport Psychology, How To Throw More Strikes and Bedtime Stories For Young Athletes.

Granat is particularly interested in the role that family relationships play in stress and in how they impact one's ability to perform their best when under pressure. He is past Vice President of The New York Society For Ericksonian Psychotherapy And Hypnosis. He is a member of The American Counseling Association and The American Psychological Association.

Dr. Granat is available for public speaking, consulting and counseling.

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