**The Renew Series Week 5**

Welcome to the Renew Series. The content for this series has been taken from an amazing Podcast by Dr. Amber Selking entitled “Building Championship Mindsets”. Checkout her website at: http://selkingperformance.com.

**Rewind:** We began the Renew series learning about how our thoughts matter and how our thoughts build mindsets!

In this series we are exploring 8 Building Blocks to help you think and act like a champion.

We explored the first building block: Awareness.

We explored the second building block: Motivation.

Last week we explored the third building block: Confidence.

**Small Group Sharing:** How did the daily devotions and exercises impact your life this week?

**Facilitator Notes:** Use follow up questions if necessary to get people at your table reflecting on the past week. Examples: Did you get the devotions on your phone? Do you need to take a printed copy today? How many days were you able to do your devotions? Did wearing the elastic band help you think positive thoughts? Were you able to do the 3-2-1 exercise? How did it help you think positively and creatively about your day and your life?

Today we are going to explore the fourth building block: Intensity.

**Scripture:** *Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind.* (Luke 10:27)

**Challenge:** God wants us to love him intensely!!!

**Definition:** For a given person, on a given day, for a given task, under a given set of circumstances, there is a given level of intensity that will lead to optimal performance.

Let's break the definition down:

\* For a Specific Person: Each of us is different because people are different.

\* On a Specific Day: Every day is different because of sleep, activities, meals, etc.

\* For a Specific Task: All tasks are different and need different intensities.

\* Under a Specific Set of Circumstances: It depends on who we are with.

\* There is a Specific Level of Intensity: We may need low/high levels of intensity.

\* That Will Lead to Optimal Performance: This is our ultimate goal!

High performers know when their bodies are in the right intensity level and how that impacts their performance.

**Activity:** Identify a task you completed really well in the past and think about your Intensity level in that moment. How did you feel in that moment? What impact did it have on others? This will help us figure out when we are at our best.

Champions know their optimal zone of intensity and get into it quickly to deliver their best performance.

To tone things down or turn things up we must learn how to breathe properly to stay in the zone of optimal performance.

**Exercise:** **Check You Breathing:** Put one hand over your chest and one hand over your stomach. Take three deep breaths and see which hand moves when you take the breaths. Most people breathe through their chest so their shoulders go up or the hand on their chest moves out. But the proper way to breath is by using our stomachs. How we breathe can help us either tone down our intensity or turn it up.

**Practise #1: Tactical Breathing:** You can tone down you intensity by doing tactical breathing where you draw air in through your nose down into your stomach, your chest should not move but your stomach should go out and then the air goes out through your mouth. The sequence is: Nose to Stomach to Mouth slowly. When you breathe like this you lungs can fully expand by filling up with oxygen. This helps release muscle tension, helps slow our heart rate down and helps clear our minds and this will help us dial our intensity down to the right level and keep us in our optimal zone of functioning.

**Practise #2:** **Power Breathing:** You can turn up your intensity by doing power breathing where you take air in quickly through your nose and exhale it through your mouth. The sequence is Nose to Mouth quickly in rapid succession. This gets the heart rate going to get the blood flowing faster and helps you increase your intensity.

When it is time to deliver you need to get into the zone of optimal intensity and deliver what is needed at the time!

**Practise #3: Park it and Refocus.** When something happens in life you need to learn to park it (let it go) and then refocus on what needs to be done next. At an appropriate time you can go back and think things through. If we don’t let go we won’t get to the next place. You should give yourself 5 seconds before you move on. You could say to yourself: “That play is done, now I need to park it and refocus on the next play.” This increases our level of concentration. We can’t let bad or exceptional plays linger because they will affect the next play.

**Scripture:** *You are my God, earnestly I seek you; I thirst for you in a dry and parched land where there is no water.* (Psalm 63:1)

**Challenge:** (1) Maintain high levels intensity in your relationship with God: Love God with all of your heart, mind and strength and keep seeking after him. (2) Make it a habit to get into your zone of optimal performance for whatever task you have to get done. (3) Use Tactical or Power breathing to tone down or turn up your intensity level. (4) Use the Park it and Refocus technique to move on when you do well or have a setback. Remember a setback is just a setup for a comeback!!!

**Next Steps:** (1) Join the WhatsApp group. (2) Have your devotions. (3) Do the exercises.

**Facilitators Notes:** Before your group leaves your table after the prayer - make sure they have all signed up for the WhatsApp group and challenge them one more time to do their devotions and the exercise during the week- including last weeks 3-2-1 exercise.

**Prayer:**

**Next Week:** Next week we will explore the fifth building block: Attention.