



Fight Brain

Mental Training For Champions

Anchoring Feelings for High Performance

We all have specific 'anchors' or 'triggers' in life. That certain song, smell, taste etc. that takes us back to a time or place in our lives. Our brains are hard wired to recognize patterns and associate meaning. Hearing a song from the past can make you feel the exact feelings you felt at that exact moment in time. It might be happiness, love, joy, excitement. In training we can anchor powerful feelings of confidence and strength in fighters. We can do this by reminding ourselves of past experiences – a particular moment in competition or training when you felt those resourceful feelings. If you practice these anchors enough you can fire your anchor and feel resourceful when you need it most.

Step 1. Choose a feeling that will be helpful to recall at any moment in your future. (confidence, strength, precision, flow, fluidity, power, speed, achievement)

Step 2. Choose a physical gesture to practice making to fire up your anchor. (squeezing your fist or touching your fist to your body in some way)

Step 3. Choose a trigger word to say in your mind to fire up your anchor. (fluid, powerful, better and better, I'm going to kill you)

Step 4. Remember a time you felt that feeling in your past and recall as much as you can about that experience. (sights, sounds, smells, how you felt)

Step 5. Approach this practice like a method actor. Use your imagination and remember that moment in your past when you felt that resourceful feeling. Go all the way into it and allow yourself to feel those feelings you felt in that moment. Remember what you saw, heard, smelled and how you felt. Make those images, sensations, feelings bigger, brighter, more intense and when you are sure those feelings are as powerful as you can make them, fire your physical anchor and repeat your trigger word in your mind several times. After you've done this and set your anchor change up your physiology, shake out your arms and legs, turn around, just to set a clear separate marker in between takes.

Step 6. Repeat this process 3 times to fully set your anchor. Repeat this step every day until your anchor becomes so powerful you can fire it off any time you want and feel those feelings powerfully.