

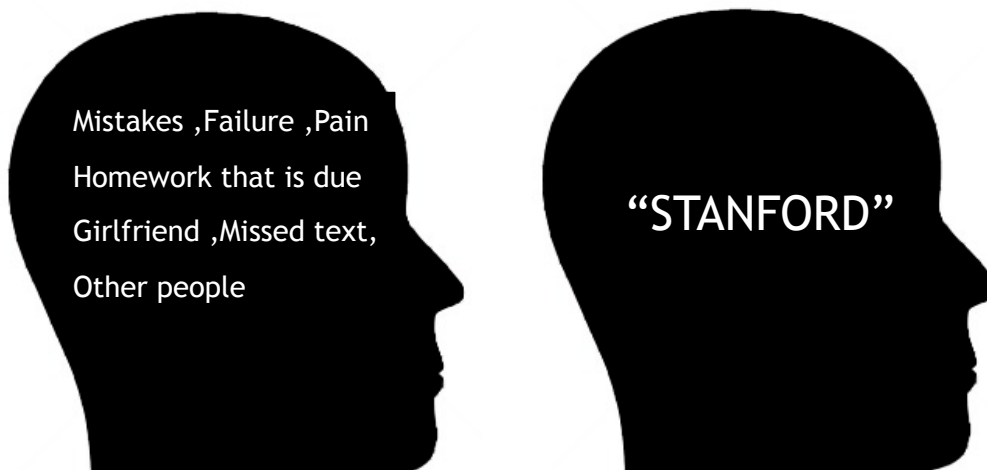
*“God ...gave Jesus the name that is above every name, so that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father – Philippians 2:9-11*

**TRIGGER WORDS:** Remember the power of the name of Jesus and use meaningful TRIGGER WORDS to help you pay attention to the right thing at the right time.

**TRIGGER WORDS** can be used to help you pay attention to the right thing at the right time, which can mean a lot of different things when we perform. For example:

- Technique: “High elbows”
- Emotions: “Supernatural peace”
- Task at hand: “Clear the mechanism”
- Physical strength: “Fire Up”
- Mental Strength: “Higher Power”
- Overall strength: “Philippians 4:13”

➤ Motivation:  
“Stanford”



This person has a lifelong dream to go to STANFORD UNIVERSITY, which requires being a top performer. If s/he gets a distracted mind while studying, then the word “STANFORD” will get them refocused to pay attention to the right thing at the right time because it means so much to him/her.



What are some things that often are challenging for you to pay attention to during important performances? Create a **trigger word** to get you *paying attention to the right thing at the right time*. Remember...it needs to be powerful and full of meaning!

TRIGGER WORD:

Distractions:

Performance:

TRIGGER WORD:

Distractions:

Performance:

