

Improving Marksmanship

Creating a Zone of Positive Focus

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This script is perfect for someone who enjoys the sport of shooting, but would like to find a way, a mechanism, to easily isolate themselves from all the usual distractions on the firing line. They would like to quiet their busy mind, and take that perfect shot, time after time.

(Script)

As you and I are here alone in this room ... you notice that it is quiet and all is calm ... even outside noises no longer interest you ... you are so beautifully relaxed and wonderfully calm ... there is only one thing that you are focused upon ... and that is the sound of my voice ... you are focused upon the sound of my voice ... one thing only ... the sound of my voice ... inside the safe area of this room ... this room that is a safe zone of positive focus ... a zone of positive focus ... for you ... this room is a zone of positive focus.

You can now see and understand that you are truly able to focus on any one thing that you desire or need to ... you have this power ... you can feel how well and easily that you are able to focus when you enter into a zone of positive focus ... a safe zone where you can focus on the one task at hand with razor sharp clarity ... where nothing else matters but the task at hand.

A zone of positive focus is a very special space, just for you, that you can create anywhere, anytime. When you enter your zone of positive focus you will instantly become very focused on the job at hand ... it is your special space that only you can enter ... where your mind clears ... you can see perfectly ... your reactions are perfect ... you concentrate deeply ... you work like a machine ... you become amazingly calm and relaxed ... your breathing slows and is fully under your control ... and your heartbeat slows.

I would like you to use your power of imagination now to imagine yourself just before you take up your usual shooting position ... that's right ... very clearly ... you are just about to take up your shooting position ... you are going to create your very own zone of positive focus ... in your imagination now, like casting a fishing net, you cast before you an energy zone. You can see it clearly in your mind ... it is blue and pulsating ... it is a protective dome over the shooting position that you now move forward and enter into ... it tingles as you move into it ... as if by magic ... your mind clears ... all goes quiet ... you can see perfectly ... your reactions are perfect ... you work like a machine ... you load the round ... you become amazingly calm and relaxed ... your breathing slows and is fully under your control ... your heartbeat slows ... nothing else matters ... perfect concentration ... perfect focus ... you

intuitively sight the target ... you feel the trigger ... you take the shot ... perfect ... always.

From now on, whenever you are about to move into a shooting position, you will remember to, and create, your zone of positive focus over that position ... you will do it every time ... you will do it automatically ... every single time ... and your results will always be perfect ... every time you enter your zone of positive focus.