



## PROGRAMME 5: ADVANCED PROGRAMME 2

WE RECOMMEND YOU START THIS PROGRAMME AFTER YOU COMPLETE THE ADVANCED 1 PROGRAMME BEFORE PROGRESSING THROUGH FURTHER PROGRAMMES IN SEQUENCE

WEEK	CATEGORY	PROGRAMME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1</b>	<b>DECISION MAKING</b>	<b>CHOICE COGNITION</b>	CHOICE COGNITION: IMMENSE	CHOICE COGNITION: INDESTRUCTIBLE	CHOICE COGNITION: INTENSITY	CHOICE COGNITION: IMMERSED	CHOICE COGNITION: INFATUATION	CHOICE COGNITION: IMPORTANCE	CHOICE COGNITION: INSISTENT
<b>2</b>	<b>DECISION MAKING</b>	<b>EYE OF THE STORM</b>	INTRODUCTION	CONFIDENCE STAGE 1: ACCEPTANCE	CONFIDENCE STAGE 2: ACCLIMATISATION	CONFIDENCE STAGE 3: ANALYSIS	CONFIDENCE STAGE 4: VULNERABILITY	CONFIDENCE STAGE 5: BRAVE AND DIRECT	CONFIDENCE STAGE 6: IT IS TIME
<b>3</b>	<b>CONFIDENCE</b>	<b>FLAMES</b>	STAGE 1: EMBERS	STAGE 2: FLICKERING FLAME	STAGE 3: BURNING FLAME	STAGE 4: INFERNO	STAGE 5: FULL PROCESS	<b>REST</b>	<b>REST</b>
<b>4</b>	<b>OVERTHINKING</b>	<b>NEVER GIVE UP</b>	CONFIDENCE	FEAR	PRESSURE	ANXIETY	DETERMINATION	<b>REST</b>	<b>REST</b>
<b>5</b>	<b>CONCENTRATION</b>	<b>FEEL IT, THINK IT, DO IT</b>	INTRODUCTION	STAGE 1: VERBAL	STAGE 1: PHYSICAL	STAGE 1: AUDIBLE	STAGE 1: COGNITIVE	STAGE 1: EMOTIONAL	<b>REST</b>
<b>6</b>	<b>LEADERSHIP</b>	<b>C.C.C LEADERSHIP</b>	INTRODUCTION	STAGE 1: TRAIT THEORY	STAGE 2: SITUATIONAL THEORY	STAGE 3: INTERACTIONAL THEORY	STAGE 4: TRANSACTIONAL THEORY	STAGE 5: TRANSFORMATIONAL THEORY	STAGE 6: FULL PROCESS
<b>7</b>	<b>CONCENTRATION</b>	<b>THE SNIPER</b>	NEURAL ATTENTION	NEURAL ANTI DISTRACTION	SELECTIVE ATTENTION	BRAIN SYNCING	RUMINATIVE ATTENTION	<b>REST</b>	<b>REST</b>
<b>8</b>	<b>AROUSAL REGULATION</b>	<b>VICTORY OR VALHALLA</b>	STAGE 1: CALM THE OCEANS	STAGE 2: THORS HAMMER	STAGE 3: THUNDER CLAP	STAGE 4: BATTLE CRY	STAGE 5: THE NOD	STAGE 6: FINAL EXERCISE	<b>REST</b>
<b>9</b>	<b>MOTIVATION</b>	<b>MNEMONIC BLUEPRINTING</b>	ENJOYMENT	TECHNIQUE	CONFIDENCE	STRENGTH	HEALTH	SPEED	PASSION
<b>10</b>	<b>ANXIETY</b>	<b>TRUST, CONSISTENCY, CONFIDENCE</b>	INTRODUCTION	STAGE 1: PERSONAL	STAGE 2: ENVIRONMENT	STAGE 3: EXPECTATIONS	STAGE 4: PERFORMANCE	STAGE 5: FINAL	<b>REST</b>