

10 YOGA TEACHINGS FOR performance success

5 x YAMAS (restraints)

5 x NIYAMAS (observances)



01. Ahimsa

Ahimsa means **not-harming**. At times our 'inner critic' can harm our potential for success - notice when this voice arises and use a physical gesture to refocus your mind (e.g. squeeze your wrist).



02. Satya

Satya means **truthfulness**. We need to be honest with ourselves about where we're at right now, and realistic in our goal setting. We also need to honestly dissect where things haven't worked out and carry those lessons forward.



03. Asteya

Asteya means **not stealing**. Notice how and where you are stealing away your own potential for success through self sabotaging actions and behaviours e.g. procrastination.



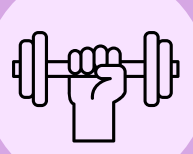
04. Brahmacharya

Brahmacharya means **energy conservation**. Notice the ways in which you expend unnecessary energy. Be conscious of what you take in, (food and drink, what you watch on TV etc.) and who you surround yourself with.



05. Aparigraha

Aparigraha means **non-covetousness**. Focus on your journey alone and don't worry what others are doing or might have achieved. "Comparison is the thief of joy".



01. Tapas

Tapas means a **willingness to bear austerities**. Commit to the hard work and be willing to mindfully extend yourself beyond your comfort zone.



02. Saucha

Saucha means **cleanliness**. In short, clean your s*** up. Put the right structures, processes, support networks, behaviours and routines in place that will support you in achieving your goals.



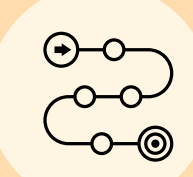
03. Santosha

Santosha means **contentment** or satisfaction. Acknowledge how far you've come, celebrate the wins and take those learnings forward to continue progressing.



04. Svadhyaya

Svadhyaya means **self-study**. Commit to ongoing study and self improvement that will support you in achieving your goals and ambitions.



05. Ishvara-Pranidhana

Ishvara-Pranidhana means **surrender to a higher power**. Trust in the process. Know that if you've put the right structures and processes in place and have committed to doing the hard work, success will follow.