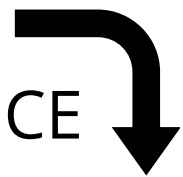


TAPER CONCEPTS

- NOTHING CRAZY OR NEW
- DO WHAT YOU HAVE BEEN DOING, JUST DO LESS OF IT--GRADUALLY
- SHARPEN YOUR FOCUS ON DETAILS
- DONT BE AFRAID OF PAIN AT PRACTICE
- KEEP YOUR BUCKET FULL



Starts
Turns
Finishes

DRAIN IT

- LACK OF SLEEP
- POOR DIET
- DEHYDRATION
- STRESS
 - NEGATIVE



FILL IT

- VISUALIZATION
- SLEEP
- HYDRATION
- NUTRITION
- POSITIVITY

RELATIONSHIPS/INTERACTIONS

- DON'T RIDE THE EMOTIONAL ROLLER COASTER BUT EXPECT PHYSICAL UP'S & DOWNS
- EXPECT THE UNEXPECTED
- CONTROL THE CONTROLLABLE

