



**"Greater energy and greater passion is more extraordinary than greater genius."
— Lt. General Arjun Ray, (Retd.), PVSM, VSM**

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Peak Performance

There is no straight forward definition of peak performance. It is not merely winning gold medals, out of turn promotions and hefty salaries; but the ability to pursue excellence in life. Peak performance is, therefore, not episodic, but a way of life to unleash our brain and body's maximum potential.

It is important to know that we are doing our best. Our best is not determined by output alone. It is whether we are walking the extra mile, and whether we experience *flow*. Flow is a positive state of mind characterised by total involvement in what one is doing, that one loses all sense of time, place and the past.

With warm regards,

**Lieutenant General Arjun Ray, PVSM, VSM (Retd.)
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