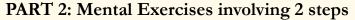
Summary both exercises

EVENING EXERCISE

PART 1: Intention and Goal Setting involving 4 steps

You will only do this part once.

- Step 1: Strong Intention to change
- Step 2: Choose your goal
- Step 3: Set a start date
- Step 4: Timeframe make a habit of doing the exercise every night.



You will do this part every night.

- Step 1: Do *The One Minute Quick Coherence Technique* to enter into a positive emotional state
- Step 2: Do *Creative visualization* for your goal. You will be able to "piggy back" on the emotional state you achieved in step 1.

MORNING EXERCISE



Spend 5 minutes doing this simple morning exercise. When you wake up sit upright in your bed or find a quiet place somewhere else.

- Step 1: Do The One Minute Quick Coherence Technique
- **Step 2: Keep An Attitude Of Gratitude** use a few minutes to reflect on all the good things in your life you can be grateful for.
- **Step 3: Observe.** Decide to observe what is coming into your life today. Keep a strong intention to be heart based and observe everything no matter what happens.