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# Summary both exercises

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## 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.



### **PART 2: Mental Exercises involving 2 steps**

*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.