TOOLS OF THE BODY

BOSS OF MY BRAIN
THE THREE PARTS:
SMART PART
EMOTIONAL PART and
OLD HABIT PART.
Which one is the Boss right now?

BELLY BREATHING
ONE HAND ON MY CHEST
ONE HAND ON MY BELLY.
Which one is moving right now?
My brain works better when my belly moves.

FIVE SECOND LIGHTSWITCH
OLD THOUGHT -- NEW ACTION
I have an OLD THOUGHT and I have a new ACTION.

TOOLS OF MOVING FORWARD

CLAIM RESPONSIBILITY
AM I PROUD OF THIS CHOICE?
I am responsible for all my actions and all my reactions today.

LET GO
HAND/SQUASH/TOSS
When bothered, I put the feeling in my hand, squash it, and toss it away from me.

FOR-GIVE
FOR ME TO FOR-GIVE, I NEED DISTANCE FROM HARM. For me to for-give, I unhook from the past, and find my internal freedom.

TOOLS OF CHOICE

POSITIVE THOUGHTS
Is it Powerful?
Is it Productive?
Is it Positive?

POSITIVE WORDS
Is it Powerful?
Is it Productive?
Is it Positive?

POSITIVE ACTIONS
Is it Powerful?
Is it Productive?
Is it Positive?

TOOLS OF CREATION

WHAT IF
WHAT IF I AM NOT MY PAST?
No to the past = yes to the future.

REALITY CHECK
TEN AND TWO RULE
Ten steps forward and two steps back is still 8 steps forward.

ULTIMATE FREEDOM
BEING FREE IS UP TO ME.
Living a life of service gives me ULTIMATE FREEDOM.
### JANUARY
- Week 1: BOSS OF MY BRAIN
- Week 2: BELLY BREATHING
- Week 3: FIVE SECOND LIGHTSWITCH
- Week 4: POSITIVE THOUGHTS

### FEBRUARY
- Week 1: POSITIVE WORDS
- Week 2: POSITIVE ACTIONS
- Week 3: CLAIM RESPONSIBILITY
- Week 4: LET GO

### MARCH
- Week 1: FOR-GIVE
- Week 2: WHAT IF
- Week 3: REALITY CHECK
- Week 4: ULTIMATE FREEDOM

### APRIL
- Week 1: BOSS OF MY BRAIN
- Week 2: BELLY BREATHING
- Week 3: FIVE SECOND LIGHTSWITCH
- Week 4: POSITIVE THOUGHTS

### MAY
- Week 1: POSITIVE WORDS
- Week 2: POSITIVE ACTIONS
- Week 3: CLAIM RESPONSIBILITY
- Week 4: LET GO

### JUNE
- Week 1: FOR-GIVE
- Week 2: WHAT IF
- Week 3: REALITY CHECK
- Week 4: ULTIMATE FREEDOM

### JULY
- Week 1: BOSS OF MY BRAIN
- Week 2: BELLY BREATHING
- Week 3: FIVE SECOND LIGHTSWITCH
- Week 4: POSITIVE THOUGHTS

### AUGUST
- Week 1: POSITIVE WORDS
- Week 2: POSITIVE ACTIONS
- Week 3: CLAIM RESPONSIBILITY
- Week 4: LET GO

### SEPTEMBER
- Week 1: FOR-GIVE
- Week 2: WHAT IF
- Week 3: REALITY CHECK
- Week 4: ULTIMATE FREEDOM

### OCTOBER
- Week 1: BOSS OF MY BRAIN
- Week 2: BELLY BREATHING
- Week 3: FIVE SECOND LIGHTSWITCH
- Week 4: POSITIVE THOUGHTS

### NOVEMBER
- Week 1: POSITIVE WORDS
- Week 2: POSITIVE ACTIONS
- Week 3: CLAIM RESPONSIBILITY
- Week 4: LET GO

### DECEMBER
- Week 1: FOR-GIVE
- Week 2: WHAT IF
- Week 3: REALITY CHECK
- Week 4: ULTIMATE FREEDOM

If there is a 5th week in the month: REVIEW Tools for the Month.