



TOOLS

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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 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 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 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.