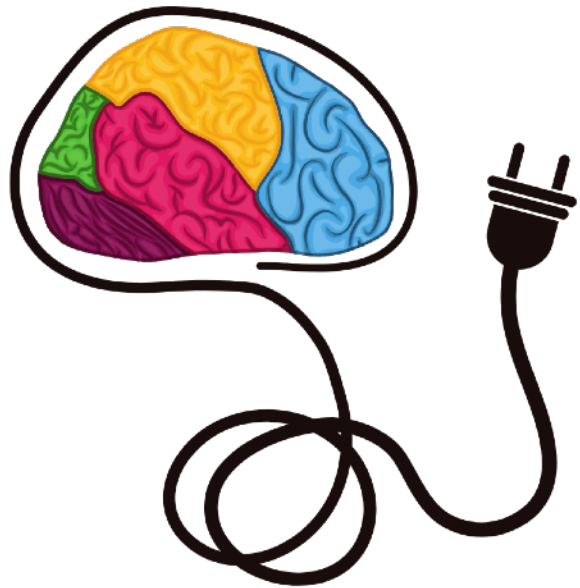


Un-Wiring AND *Re-Wiring*

YOUR **BRAIN**

(Your New **Daily** Ritual)



Past/Present

Future

No Fruits
(Weeds, Rotten)

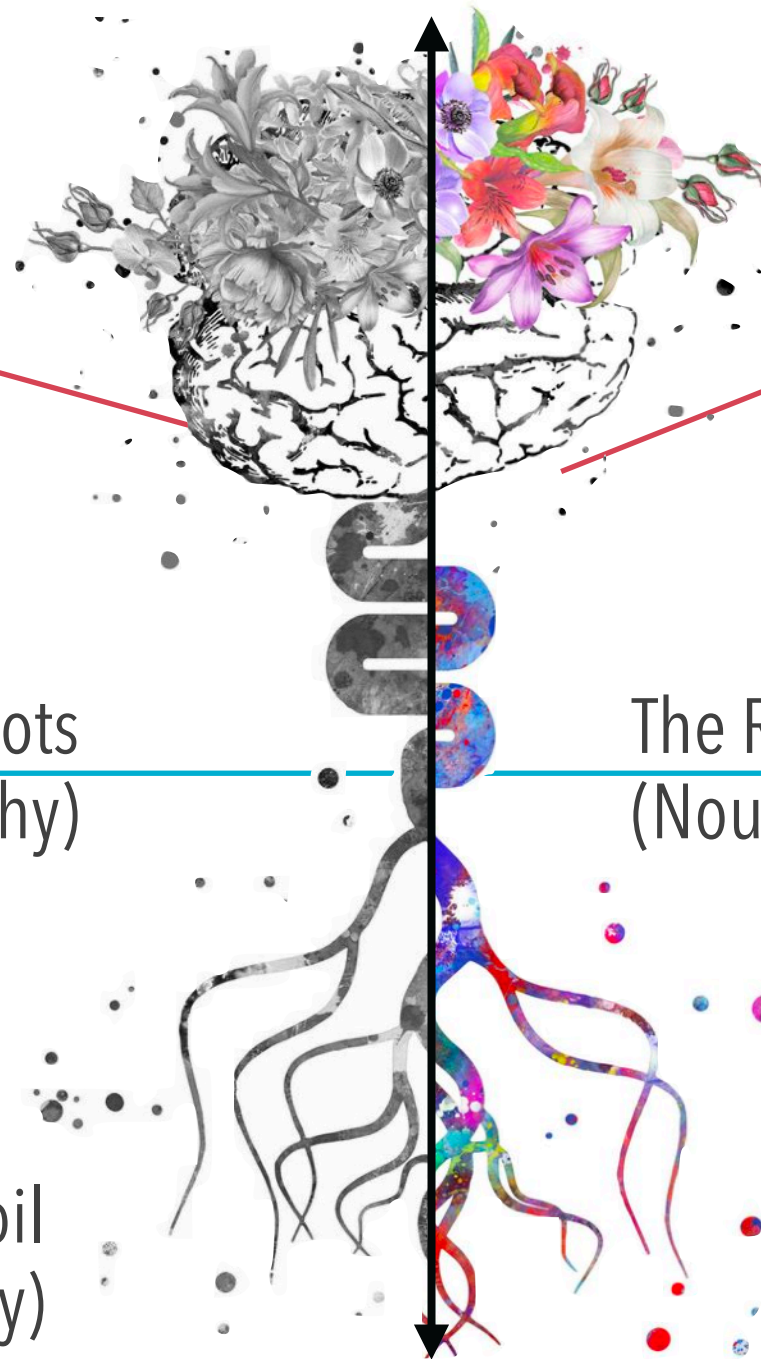
The Fruits
(Alive, Abundant)

The Roots
(Dry, Unhealthy)

The Roots
(Nourished, Healthy)

The Soil
(Unnourished, Unhealthy)

The Soil
(Nourished, Healthy)



Phase 3:
Experimentation

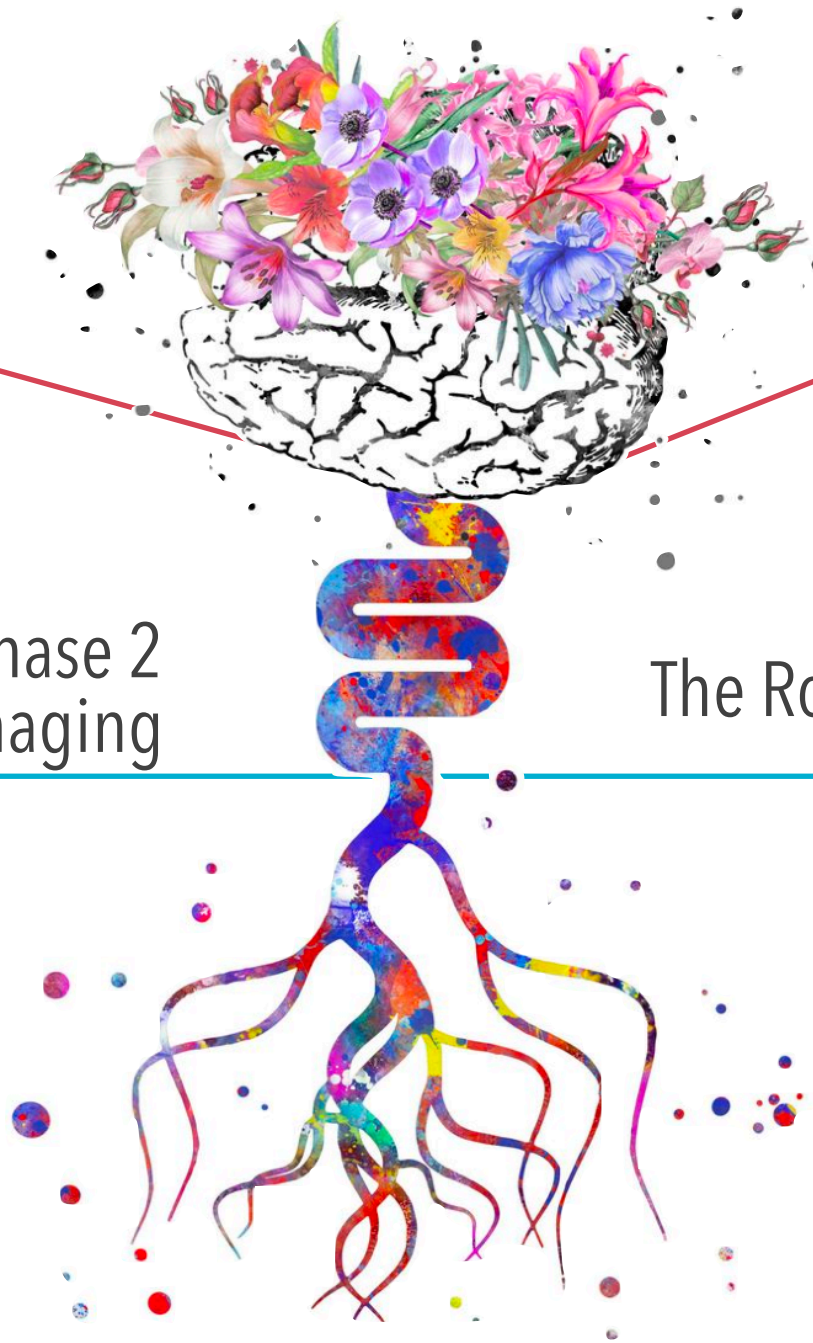
The Fruits

Phase 2
Self-Imaging

The Roots

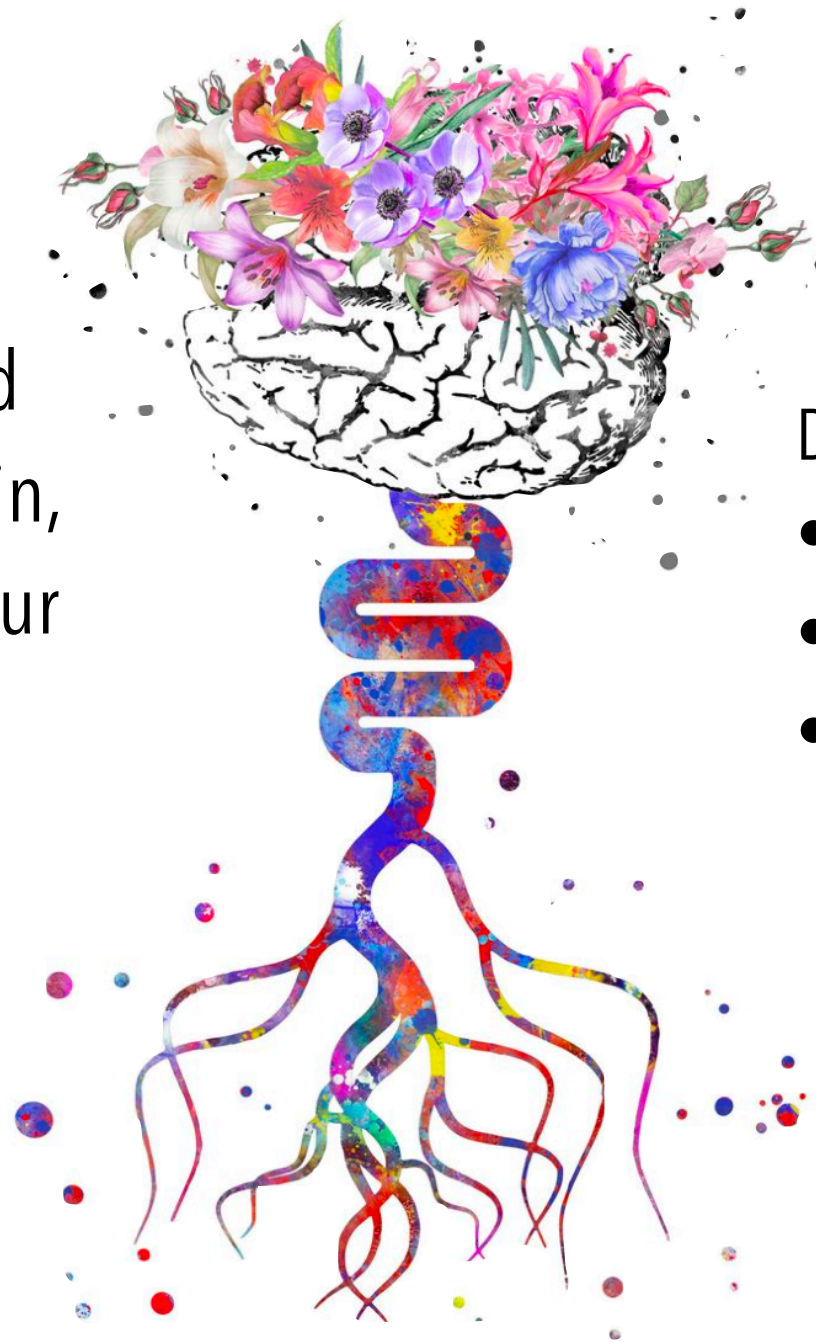
Phase 1
Unwire/Rewire

The Soil



We are going to unwire and rewire the inside of your brain, your nervous system, and your self image in 3 ways....

Phase 1
Unwire/Rewire



Daily Ritual:

- Unwire 1: Part 1 of Ritual
- Unwire 2: Part 2 of Ritual
- Unwire 3: Part 3 of Ritual

The Soil



Your Beliefs Overhaul

Removing the 'Weeds' and Planting New Seeds

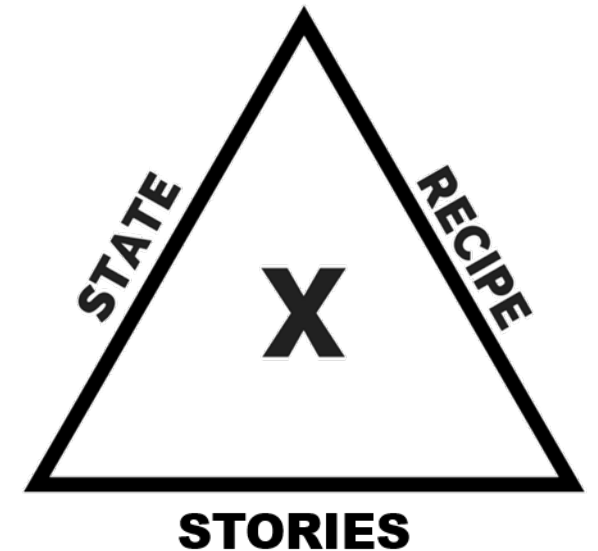


The Un-Brainwashing

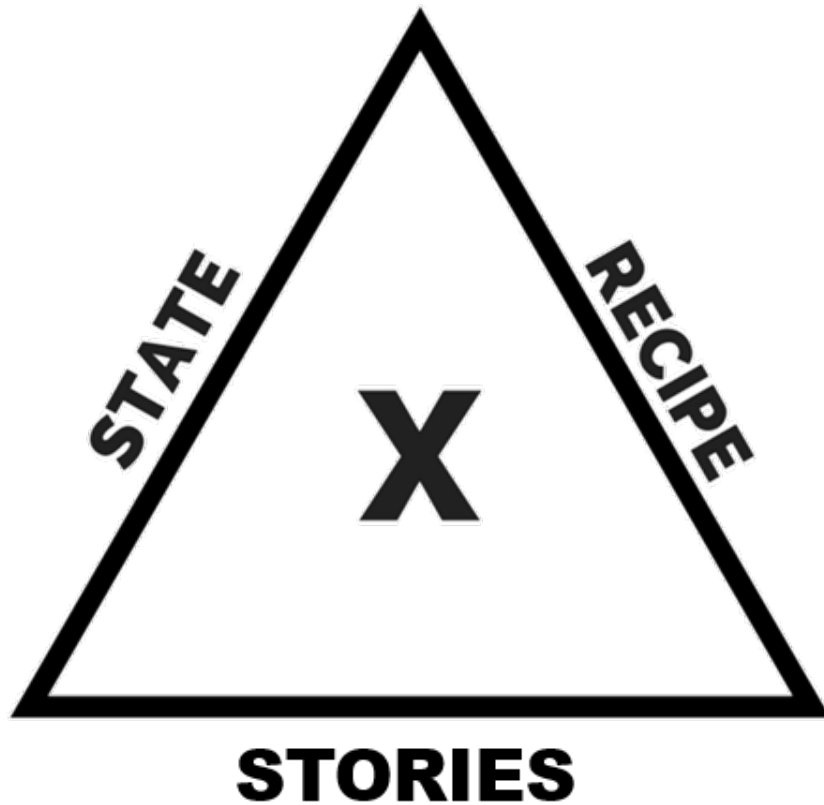


We Become What We Practice...

- ★ **Our 'state'**. The 'frequency' at which we are operating. How we are feeling moment-to-moment, day-to-day...and the response it's eliciting on a mind/body/brain level. Physiologically, Mentally, Emotionally -- all of it.
- ★ **Our 'recipe'**: Whatever it is we are 'feeding' ourselves. Is your recipe contributing to your life...or is it taking away from your life? And is it the recipe that you WANT?
- ★ **Our 'stories'** : The collective 'account' of whatever stories we either heard about ourselves or told ourselves TO or ABOUT ourselves. What collective story are you telling yourself? And is it a Bitch story? Or a Love story? One where you get to win, or one where you always lose?



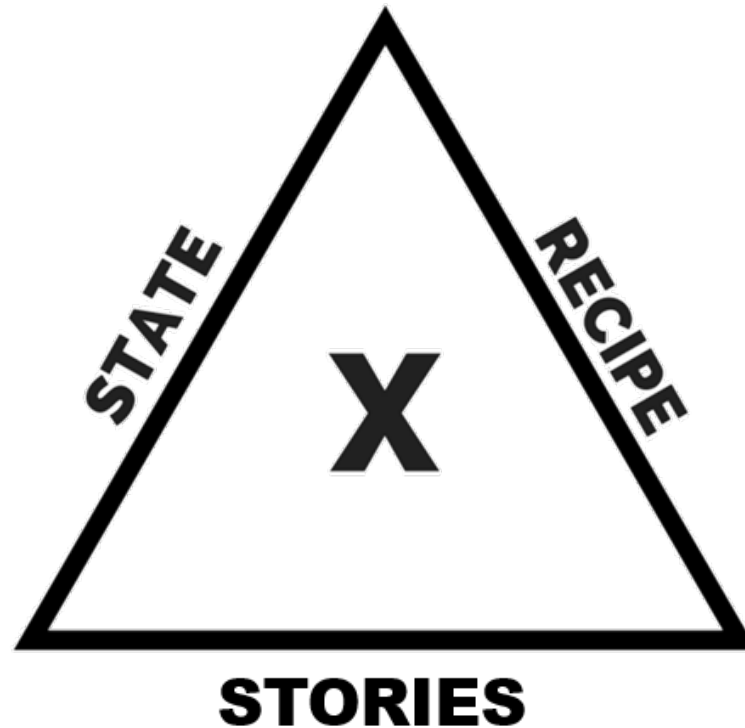
We Become What We Practice...



- ★ This is the 'machine' or filter that our day-to-day lives are run through.
- ★ And then THIS becomes our reality.
- ★ You feed the machine one thing, it spits out another.

100% Certainty!

There is a 100% hands-down-every-time chance that influencing the 'machine' will cause a massive shift in the experience of your life.



What I Know To Be True...

★ I truly believe that if you want to transform your life...

(And I'm talking MIND-BODY-BRAIN not-just-change-but-TRANSFORM-your-life kinda change.)

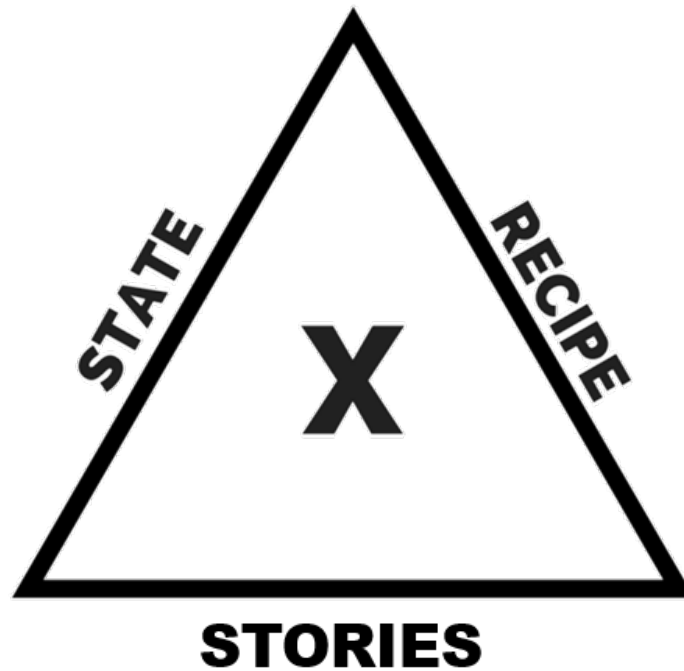
★ Then all you have to do is change one (or more) of the following.

1. Your 'state'.
2. Your 'recipe'
3. Your 'stories' (beliefs about self, others, world)



So the question then becomes:

What are you FEEDING?





What are you feeding?

The tiniest tweaks and changes can (and will) have a MASSIVE payoff... **but only if you are CONSISTENT.**

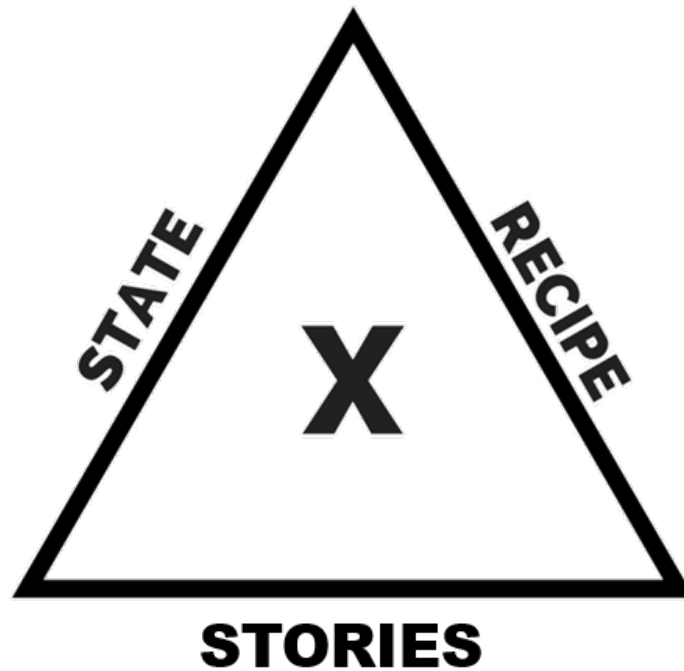
It's the MASSIVE changes (and overhauling of your life) that **keep** you from getting that consistency...and getting those 'reps'.

Working in Minimums

(Not Maximums!)

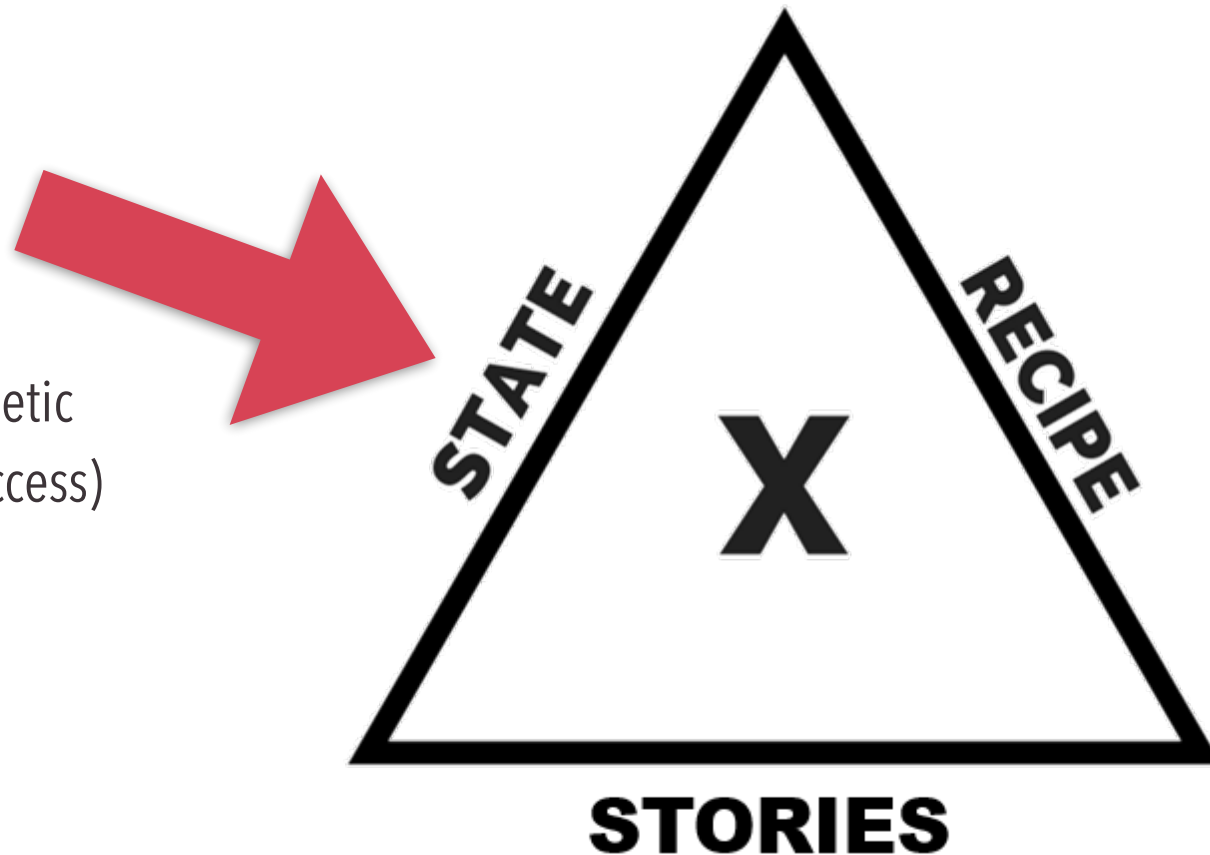
Back to the conversation at hand...

How Do We Start Shifting This RIGHT AWAY?



We become whatever we practice...

Parasympathetic
(3 Ways to Access)



The Tale Of Two Cookies...



Joy. Pleasure. Permission.

- ★ Parasympathetic (relaxed) Branch
- ★ Dopamine, Serotonin, Oxytocin
- ★ 'Metabolism' Efficient
- ★ Nervous system practices relaxing
- ★ One 'frequency'



Guilt. Shame. Drama

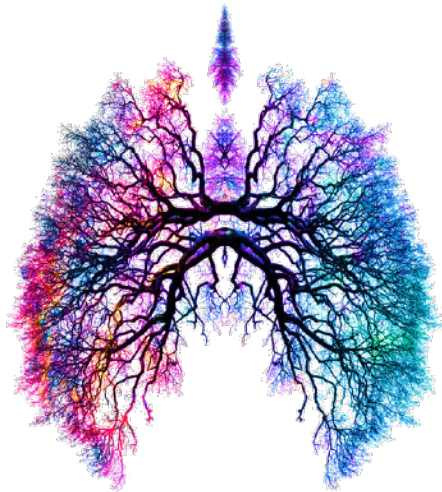
- ★ Sympathetic (fight/flight) Branch
- ★ Cortisol, Adrenaline, Epinephrine
- ★ 'Metabolism' shuts down
- ★ Nervous system practices stress/reacting
- ★ Totally different 'frequency'

It's NOT the cookie!



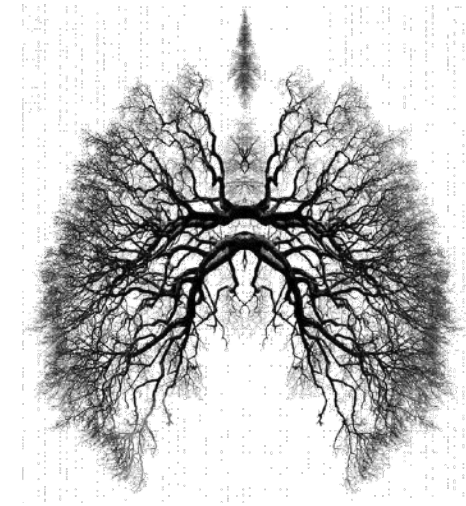
It's your THOUGHTS about the cookie...

The Tale Of Two Breaths...



Relaxed. Easy. Calm

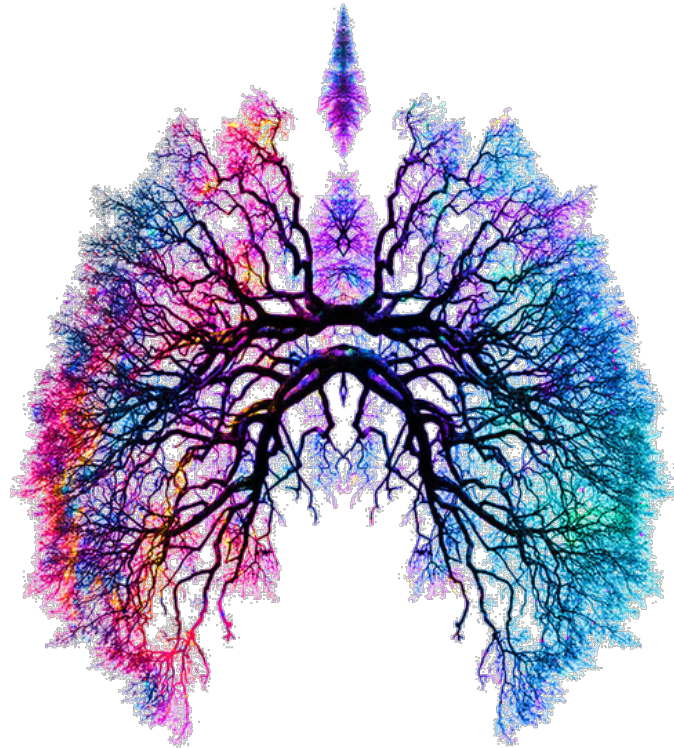
- ★ Parasympathetic (relaxed) Branch
- ★ Dopamine, Serotonin, Oxytocin
- ★ 'Metabolism' Efficient
- ★ Nervous system practices relaxing
- ★ One 'frequency'



Stressed. Uneasy. Nervous.

- ★ Sympathetic (fight/flight) Branch
- ★ Cortisol, Adrenaline, Epinephrine
- ★ 'Metabolism' shuts down
- ★ Nervous system practices stress/reacting
- ★ Totally different 'frequency'

It's not just what you're doing.

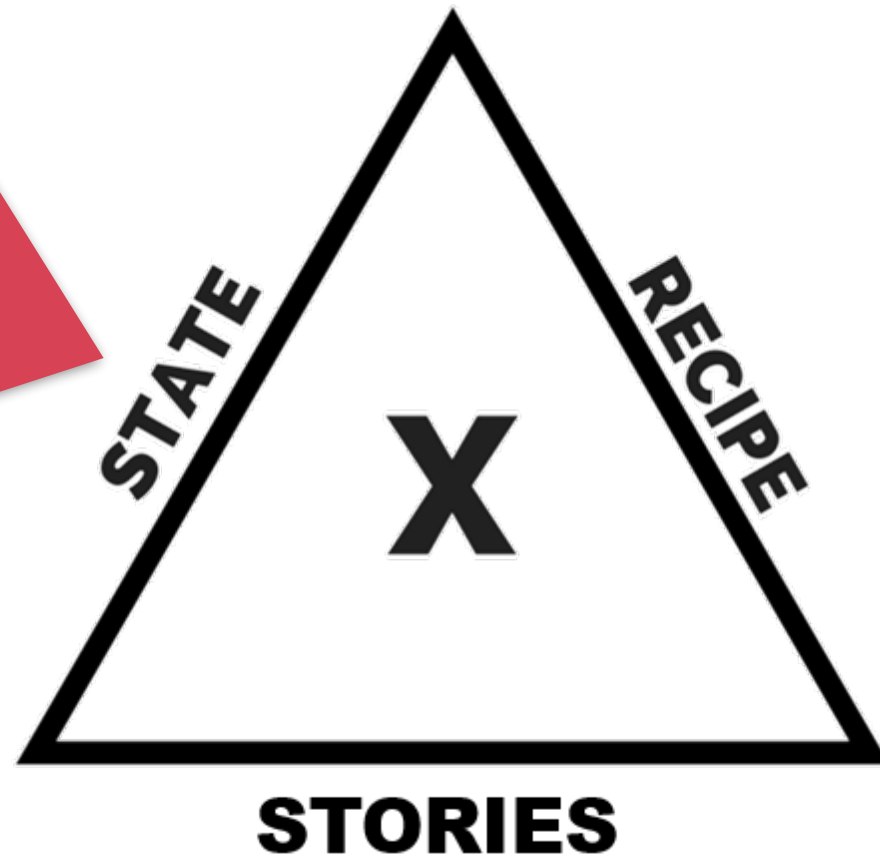
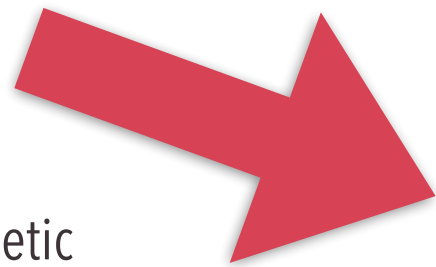


Every breathe has an energy. It's chemical. And every inhale and exhale is one 'rep'. THAT is that 'state' that your nervous system is practicing.



We become whatever we practice...

Parasympathetic
(3 Ways to Access)

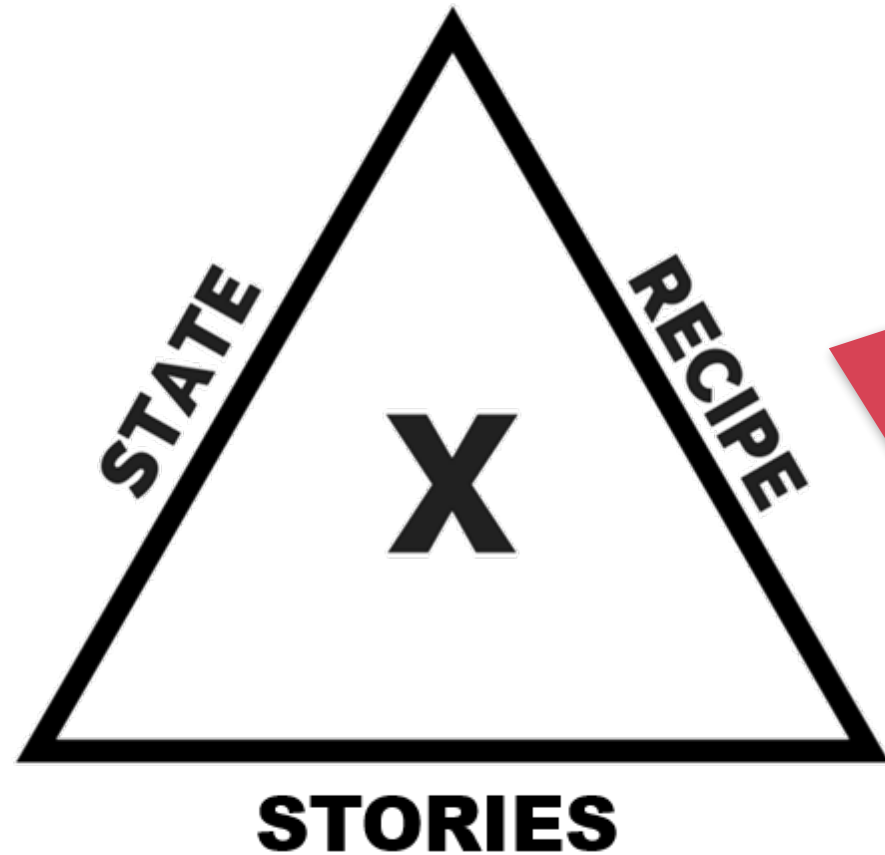




Warning:

*Do not underestimate the power of doing this
small thing every single day.*

We become whatever we practice...



Your THOUGHTS
(Data vs. Drama)

Beliefs Shape Behaviors...

- **Thoughts** that you practice over and over again become your BELIEFS
- Beliefs **shape** your BEHAVIORS
- If you want to change your behaviors (habits), start at your **thoughts.**

The Tale Of Two Thoughts...



Awareness. Acceptance. Peace. Trust.

- ★ Parasympathetic (relaxed) Branch
- ★ Dopamine, Serotonin, Oxytocin
- ★ 'Metabolism' Efficient
- ★ Nervous system practices relaxing
- ★ One 'frequency'



Rejection. Criticism. Shame. Dislike.

- ★ Sympathetic (fight/flight) Branch
- ★ Cortisol, Adrenaline, Epinephrine
- ★ 'Metabolism' shuts down
- ★ Nervous system practices stress/reacting
- ★ Totally different 'frequency'

It's not about what you're
DOING. It's about who you're
BEING and how you're
FEELING that makes the
biggest difference.

Data Vs. Drama



THE DATA
(What ACTUALLY Happened)

THE DRAMA
(What got added, what you say about it)

Data vs. Drama

THE DATA

(What ACTUALLY Happened)

I ate a cookie

I weigh more now than I've ever weighed

My daughter got a C on her test.

"I'm feeling a little bit 'off' today"

THE DRAMA

(What got added, what you say about it)

"That was 'bad'! What's wrong with me?
I ruined everything!"

"What's wrong with me? I might as well give
up and eat anything. I hate my body!"

"I'm a bad mom! Why didn't I help
her study more? It's MY fault!"

"OMG! This isn't working?!?!" I'm a failure!



The Data...

Notice the Drama...

- Start becoming a MASTER **drama detector** and a MASTER **data collector**.
- Notice the **drama**, bring yourself back to the **data**, Notice the **drama**, bring yourself back to the **data**. Wash, rinse, repeat over and over again

Radically commit (healthily obsess) over becoming a MASTER drama detector and a MASTER data collector for a week or 10 days, and it will rewire your brain to just think like that!



Here's Another Important Thing:
There is going to be DATA...that you DON'T like!

- ★ It might piss you off
- ★ Make you mad
- ★ You might outright HATE the data.

*“When you argue with
reality, you suffer.”*

-Byron Katie

Borrow This Belief:

(When you don't LIKE the data)

"I don't have to LIKE the data (or the feeling), but the sooner I can accept it, the sooner I can move on, because when I argue with reality I suffer"



How Thoughts Work:

(The Cascade)

- ★ Circumstance (the data)
- ★ Thought about circumstance (about the data)
- ★ Feeling (that the thought causes)
- ★ Action (taken based on your feeling)
- ★ Result (what happens as a result)



Distinction Time:



Unintentional Thought:

- ★ **Circumstance:** I ate a cookie
- ★ **Thoughts about circumstance:** DRAMA
- ★ **Feelings:** Shame, sadness, regret, frustration
- ★ **Action:** Blame self, say screw it and eat more, numb out on Netflix (or fill in the blank)...or the OPPOSITE...moving into control and restriction or declaring you won't eat the rest of the day.
- ★ **Result:** still eaten the cookie...but now there's a whole cascade of emotion and actions that continue a DOWNWARD spiral

Intentional Thought:

- ★ **Circumstance:** I ate a cookie (same circumstance- it hasn't changed!)
- ★ **Thoughts about circumstance:** DATA (I don't have to LIKE the fact that I ate that cookie (aka I don't have to like the data), but the sooner I can accept it, the sooner I can move on, because when I argue with reality I suffer)
- ★ **Feelings:** Acceptance, ownership, peace
- ★ **Action:** Let it stay as 1 cookie (not a full-on binge), use the tools available to you to influence your actions differently next time Example: Reverse engineer (which you'll learn how to do) Bottom line: creating positive influence in the direction of your best self, so that you're proud of how you RESPONDED (not REACTED) to the situation, and it does NOT spiral.
- ★ **Result:** still ate the cookie...but now there's a whole cascade of emotion and actions that create an UPWARD spiral

Again...SAME cookie...



...two TOTALLY different cascades based on the THOUGHTS about the cookie
(data vs drama).



Start Identifying Your Drama!

(We must start here.)

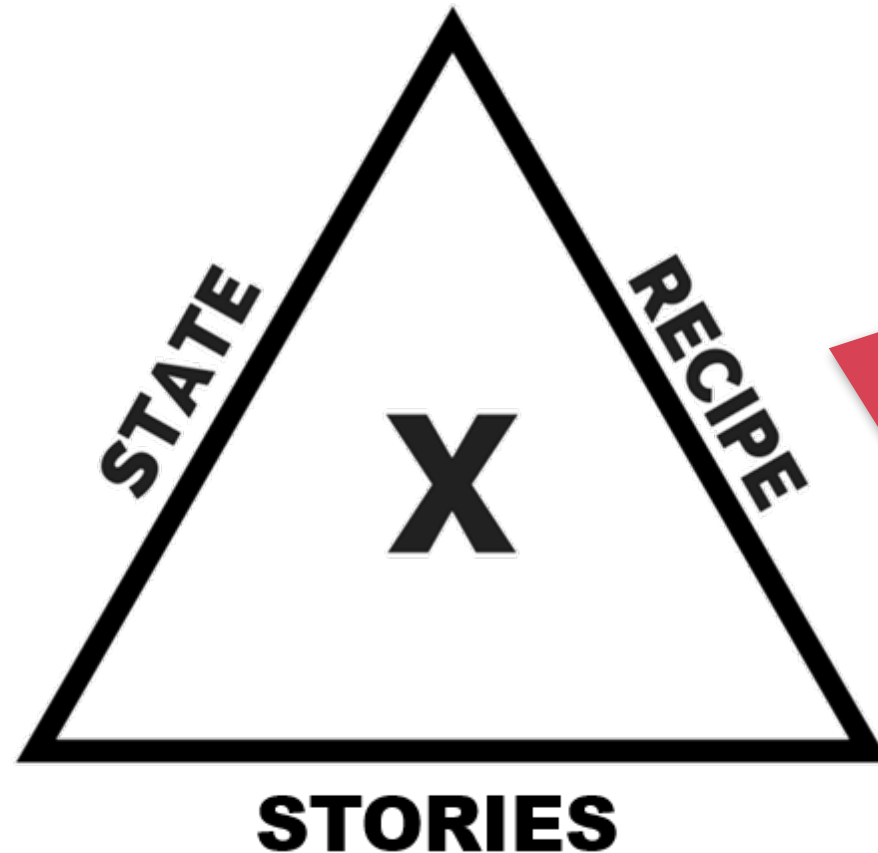
- ★ Notice the DRAMA
- ★ Bring yourself back to the DATA
- ★ Accept the Data that you DON'T Like
- ★ Start engraining these 'goggles' as a HABIT!

Notice the Drama...

- Start becoming a MASTER **drama detector** and a MASTER **data collector**.
- Notice the **drama**, bring yourself back to the **data**, Notice the **drama**, bring yourself back to the **data**. Wash, rinse, repeat over and over again
- Accept the data that you DON'T like (stop arguing with reality)

Radically commit (healthily obsess) over this for a week or 10 days,
and it will rewire your brain to just think like that!

We become whatever we practice...



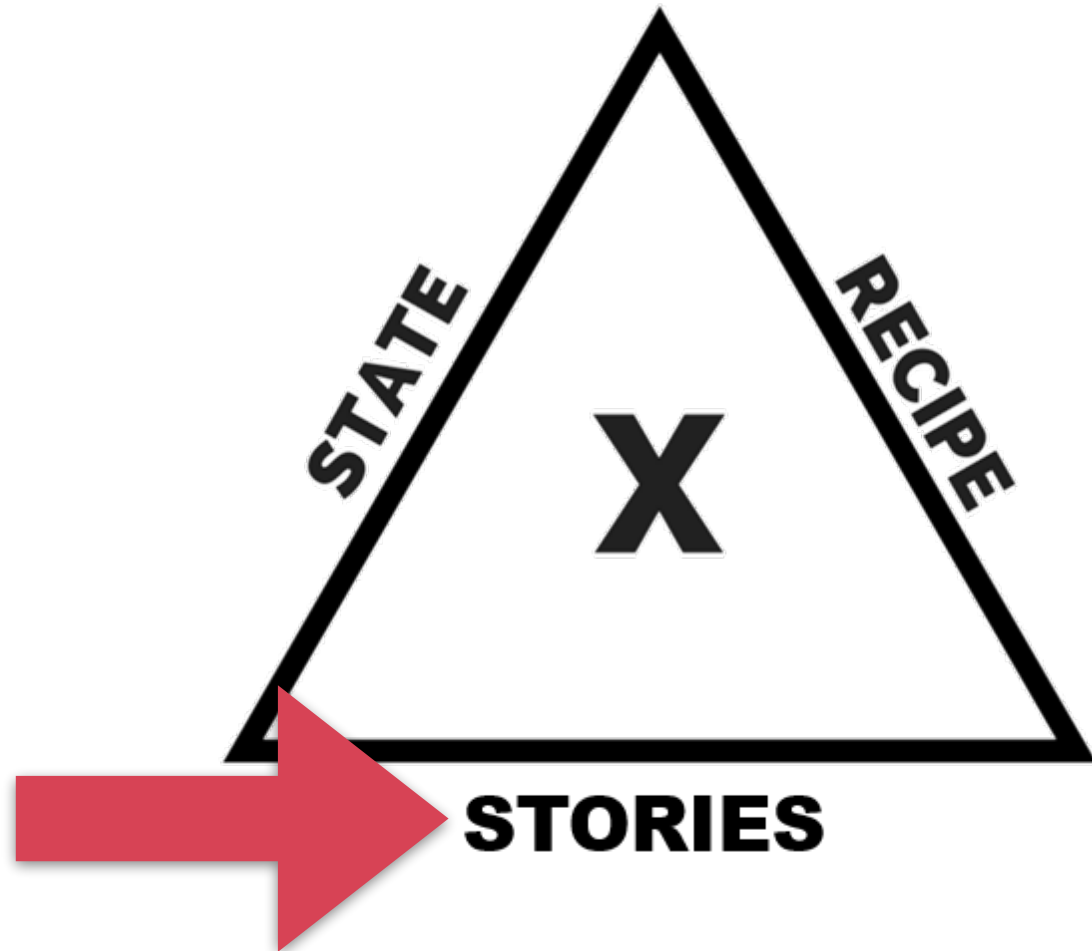
Your THOUGHTS
(Data vs. Drama)



Warning:

*Do not underestimate the power of having this
running in the background every single day.*

We become whatever we practice...





Extra Disclaimer:

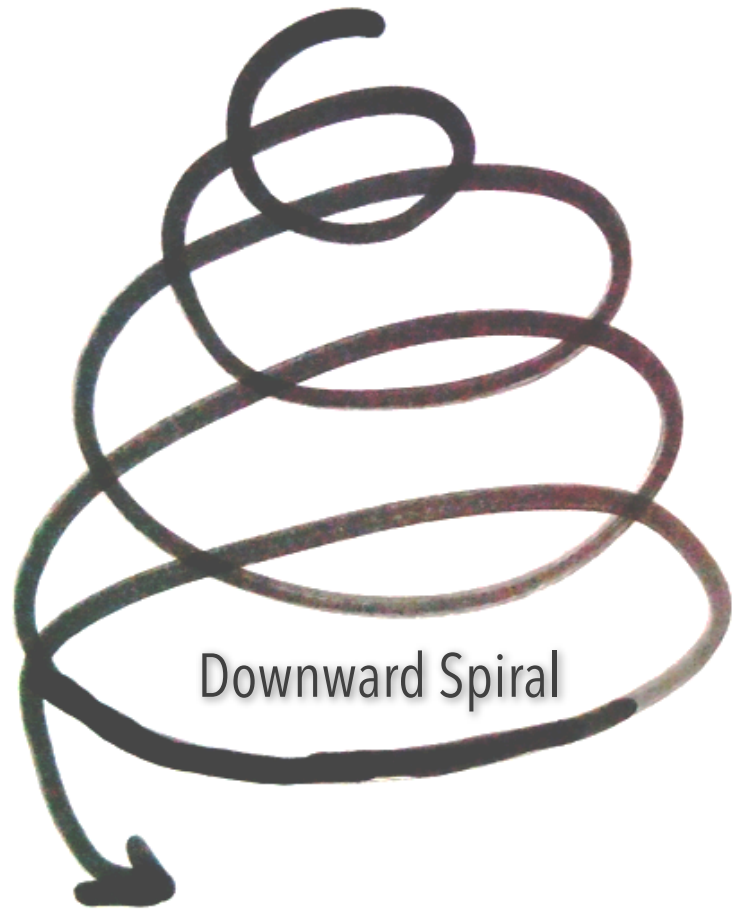
*Do not underestimate the power of what I am
about to share with you!*

TOXIC

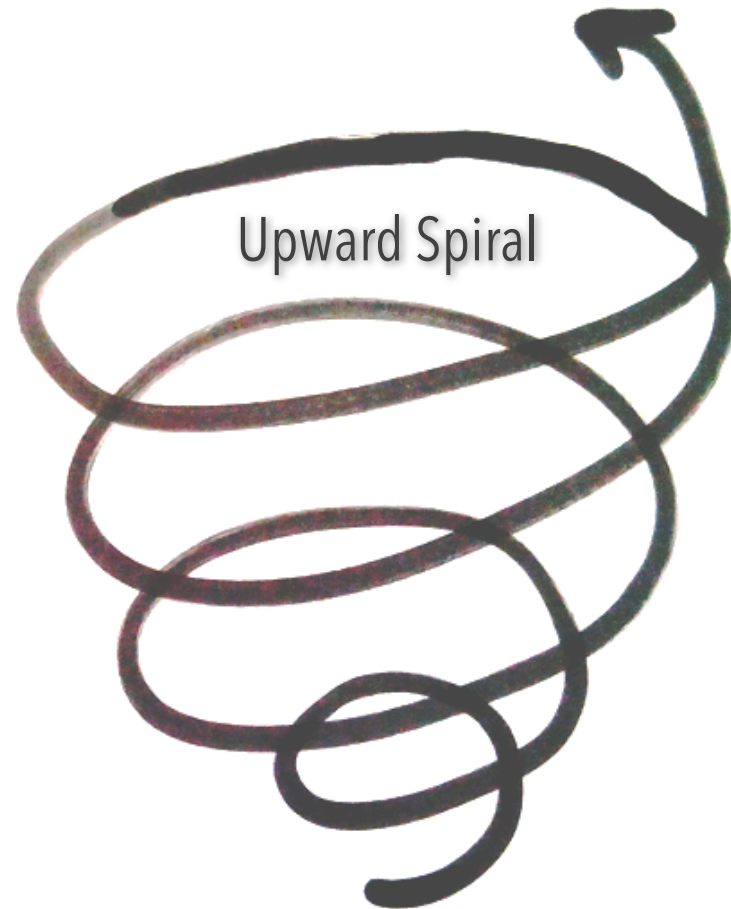
SOIL

"The brain is like **Velcro** for **negative** experiences,
but it's like **Teflon** for **positive** ones"





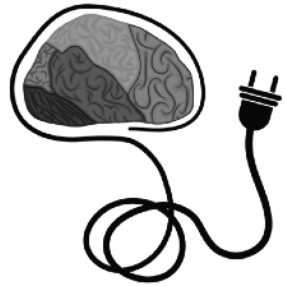
Downward Spiral



Upward Spiral

Reciprocal Inhibition

The Tale Of Two Self- Images...



Current Self-Image

- ★ What you don't like, don't have, don't want more of
- ★ Disappointed in yourself, shame, guilt, embarrassment
- ★ Shame about the past and focusing on the past
- ★ Disappointed with your present, feeling like a victim to your circumstances, and creating more of the same.
- ★ Fearful of the future, but also knowing that if nothing changes, nothing is going to change. Hopelessness, powerlessness.

New Self-Image



- ★ What you DO like, what you DO have, what you DO want more of.
- ★ Where you're grateful, proud, appreciative, celebrating, bragging, acknowledging
- ★ Grateful and proud of your past bc it's brought you to where you are now
- ★ Grateful and proud of what's happening NOW because you're showing up and influencing it.
- ★ Grateful and proud IN ADVANCE for what you are creating and who you are becoming.

Because...

- ★ This is how you take back power from your thoughts and your current self-image
- ★ This is how you gain confidence and self-belief
- ★ This is how you learn to trust yourself
- ★ This is how you un-wire that negativity bias that your brain has been programmed to continue.
- ★ This is how you heal your self-image and become self-endorsed
- ★ This is how you feel worthy and amazing and receive the amazingness that you are!

The Purpose of the Journal:



The INTENT that shapes the CONTENT:

- ★ Teach your brain to have a default of appreciation and gratitude (vs. criticism, cynicism, rejection)
- ★ Teach your brain have the default of self-endorsement and self-worth (celebrating, and being PROUD of yourself vs. ashamed, critical, unworthy)

The Un-Brainwashing



Setting Yourself Up For Success:



- ★ First: Identify what YOU want to reverse engineer. Self-Confidence? Self-Worth? Becoming your own best friend? Seeing self as GOD sees you?
- ★ It's not the "doing" part of it that's so important. It's about becoming the version of yourself that THINKS this way, that SEES HERSELF this way.

Word Nerd Alert!

The etymology, word origin, meanings of these words:

- ★ **Gratitude**: good will, thankfulness, pleasing to the mind
- ★ **Thanks**: Remember fondly, to reward, loving memory
- ★ **Appreciate**: value or esteem highly, to rise in value, to be fully conscious of.

Which word resonates with you most? Roll with THAT word...

Word Nerd Alert!

The etymology, word origin, meanings of these words:

- ★ **Celebrate**: to publish, sing praises of, practice often, commemorate, honor with demonstrations of joy
- ★ **Brag**: Proud, spirited, brave
- ★ **Honor**: Distinction, triumph, victory, glory, reverence, esteem, paying respect to
- ★ **Proud**: elated by some fact or thing, having a high opinion

Which word resonates with you most? Roll with THAT word...

How You Will Use This Journal...



The CONTENT

- ★ Reverse engineering the INTENT (self worth, confidence, belief in self)
- ★ It's like a 60-second inventory
- ★ AKA Your 6-point "Brain Checklist"
- ★ **Gratitude/Thanks:** Past, present, future
- ★ **Brag/Celebrate 'Wins':** Past, present, future.

How You Will Use This Journal...



The CONTENT

- ★ 1. Thanks Past
- ★ 2. Thanks Present
- ★ 3. Thanks Future (Grateful in advance!)
- ★ 4. Wins from the Past
- ★ 5. Wins from the Present
- ★ 6. Wins for my Future (I'm creating them!)

State Change: Gratitude

- ★ Start at the past
- ★ Work to the present
- ★ Move to the future (be grateful in advance)

State Change: Celebration (Brag!)

- ★ Start at the past
- ★ Work to the present
- ★ Move to the future (brag in advance)

State Change: Gratitude & Self-Endorsement

- ★ Start at the past
- ★ Work to the present
- ★ Move to the future (thank you in advance for)...

There might be repetition and/or crossover.
That's perfectly fine, and perhaps even helpful!

*Give yourself permission to
just get started.*

Release perfection... and just start!

How You Will Use This Journal...



The CONTENT

- ★ Reverse engineering the INTENT (self worth, confidence, belief in self)
- ★ It's like a 60-second inventory
- ★ AKA Your 6-point "Brain Checklist"
- ★ **Gratitude/Thanks:** Past, present, future
- ★ **Brag/Celebrate 'Wins':** Past, present, future.

How You Will Use This Journal...

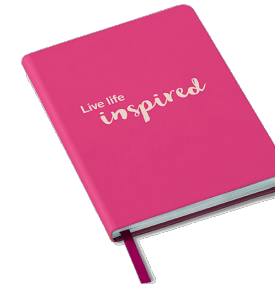
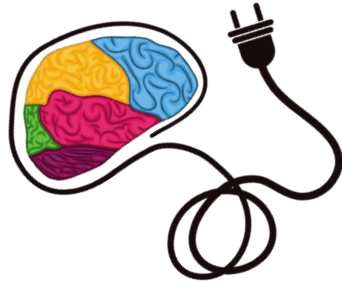


The CONTENT

- ★ 1. Thanks Past
- ★ 2. Thanks Present
- ★ 3. Thanks Future (Grateful in advance!)
- ★ 4. Wins from the Past
- ★ 5. Wins from the Present
- ★ 6. Wins for my Future (I'm creating them!)

Baby Steps:

(Minimums vs. Maximums)



Phase 1:

- ★ 1. Thanks Past
- ★ 2. Thanks Present
- ★ 3. Thanks Future (Grateful in advance!)
- ★ 4. Wins from the Past
- ★ 5. Wins from the Present
- ★ 6. Wins for my Future (I'm creating them!)

Phase 2:

- ★ 1. Thanks Past
- ★ 2. Thanks Present
- ★ 3. Thanks Future (Grateful in advance!)
- ★ 4. Wins from the Past
- ★ 5. Wins from the Present
- ★ 6. Wins for my Future (I'm creating them!)



Again!

*Do not underestimate the power of doing this
small task every single day.*

A close-up photograph of two hands held palm-up against a dark, blurred background. The left hand holds a single, dark brown, round nut. The right hand holds a single, large, dried, brown leaf. The hands are wearing yellow, ribbed sleeves. The text is overlaid on the image in a white and teal cursive font.

*It will transform your life (and
your brain) if you allow it to.*

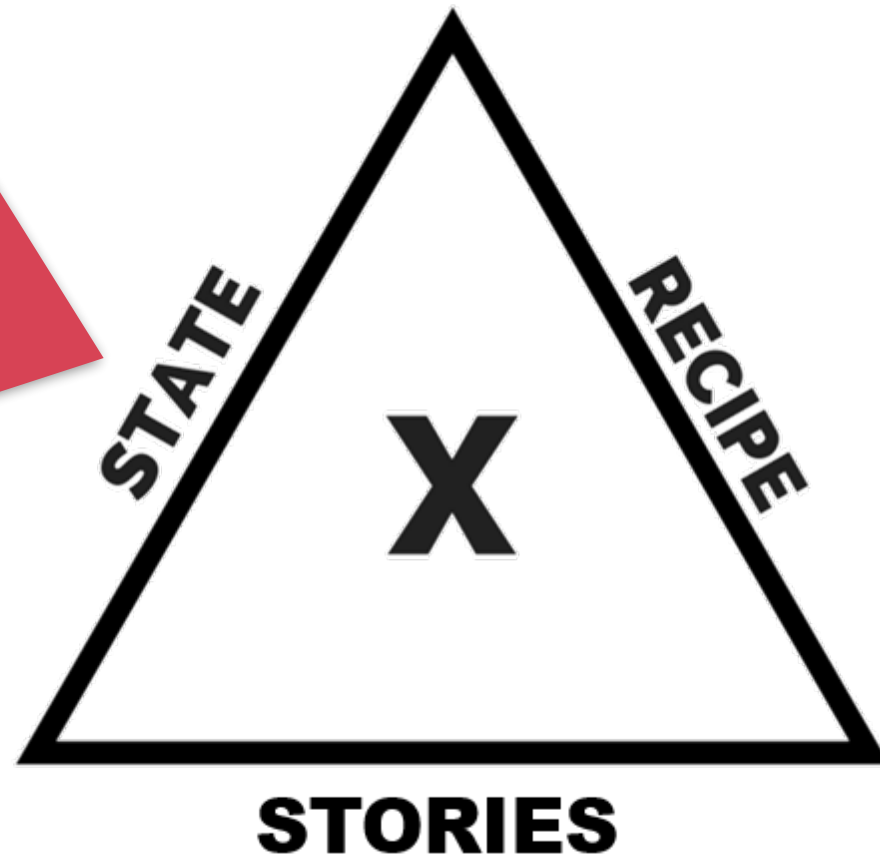
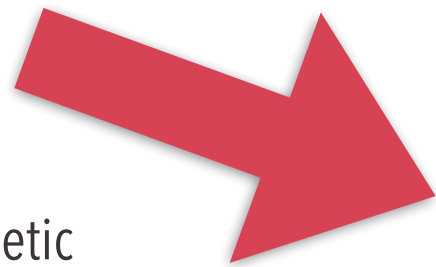


Let's recaps:

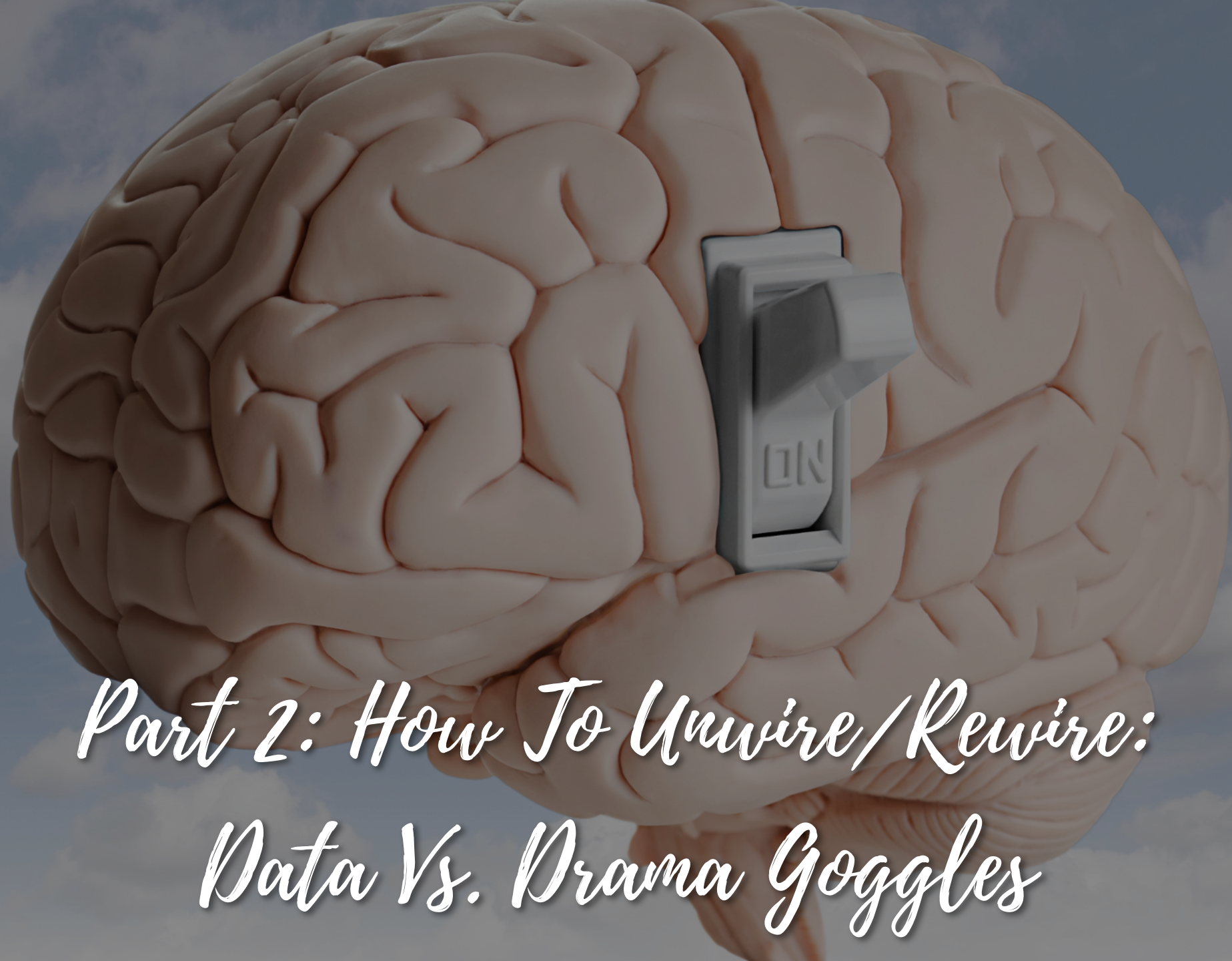
*Part 1: How To Unwire/Rewire:
Get Yourself Parasympathetic*

We become whatever we practice...

Parasympathetic
(3 Ways to Access)

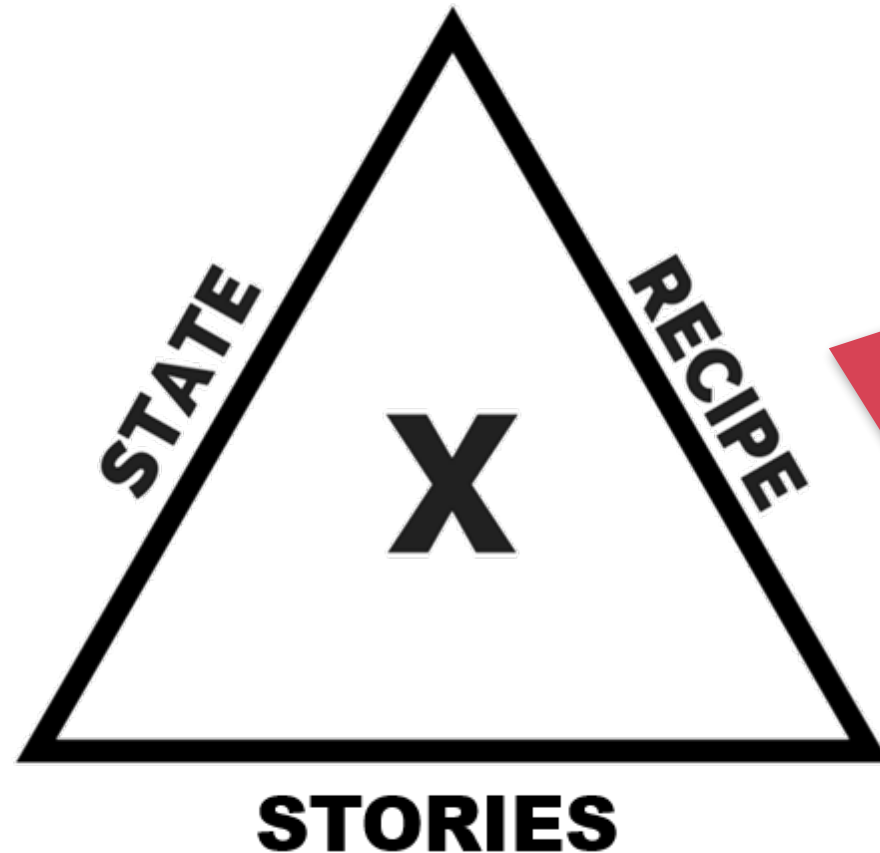






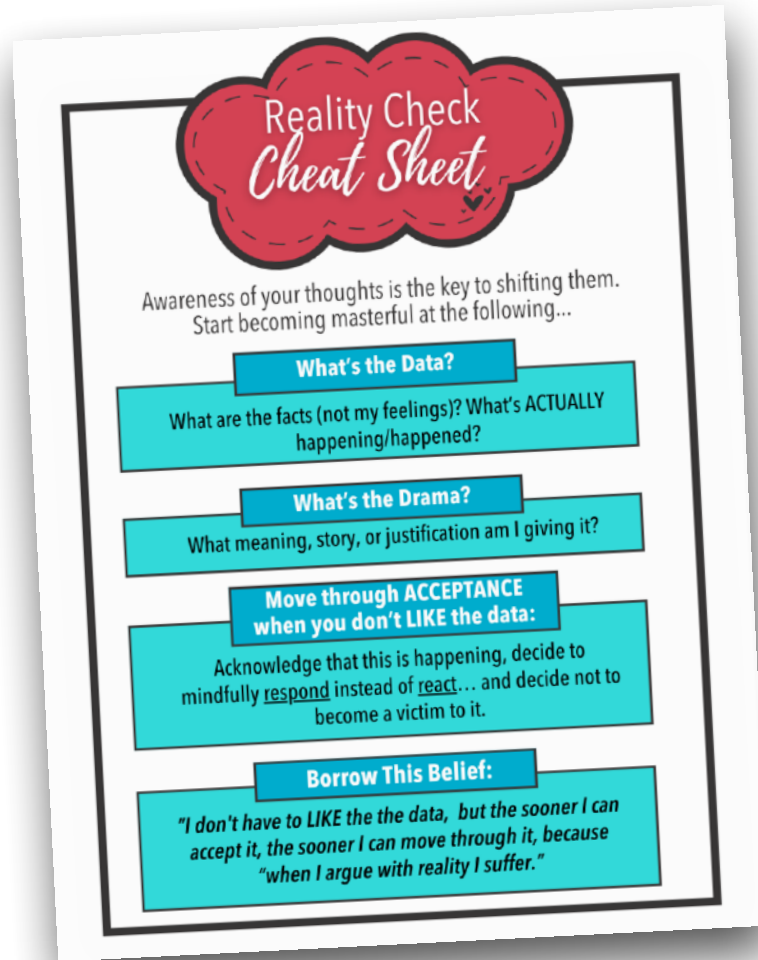
*Part 2: How To Unwire/Rewire:
Data Vs. Drama Goggles*

We become whatever we practice...



Your THOUGHTS
(Data vs. Drama)

Use THIS: Cheat Sheet



**Reality Check
Cheat Sheet**

Awareness of your thoughts is the key to shifting them.
Start becoming masterful at the following...

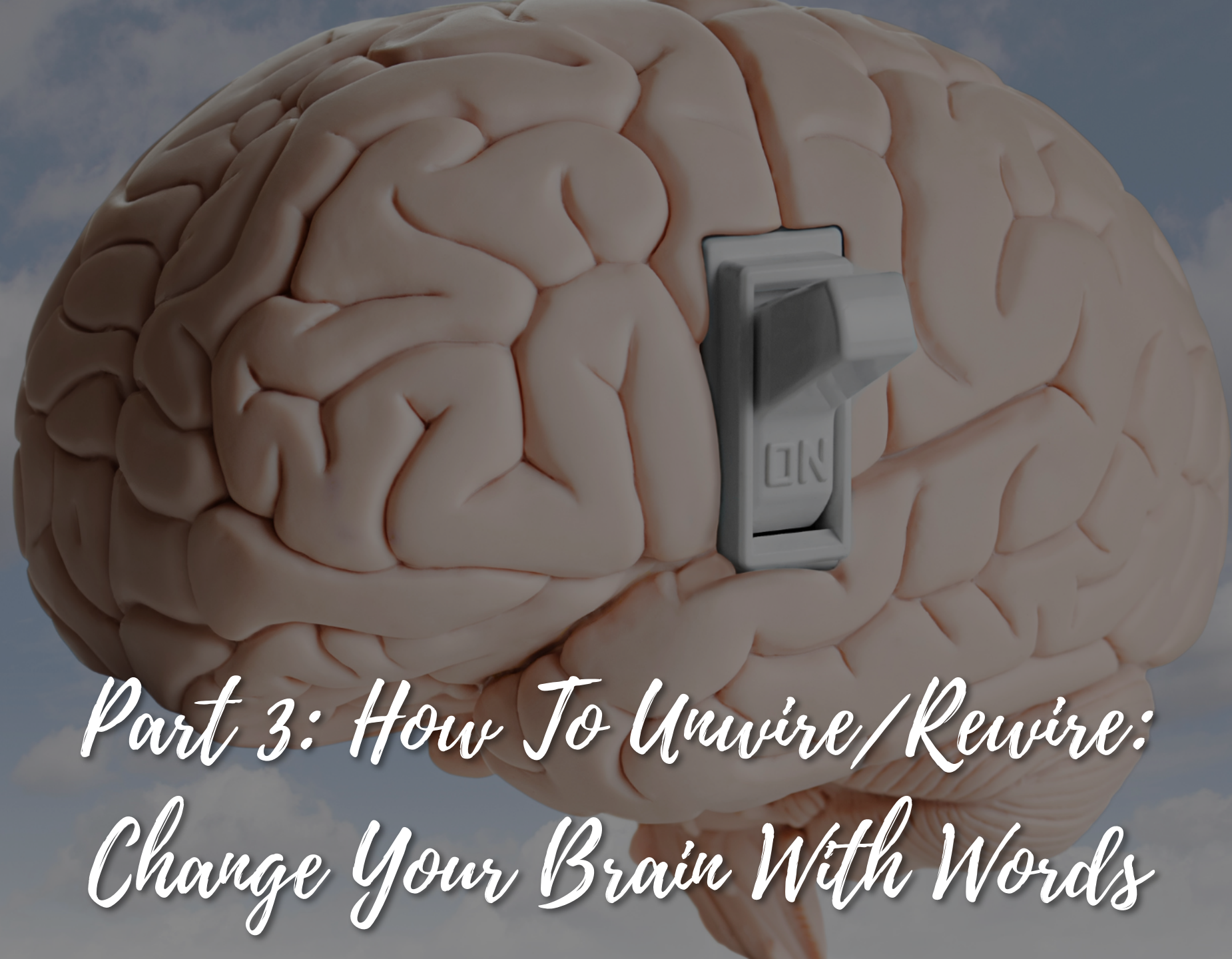
What's the Data?
What are the facts (not my feelings)? What's **ACTUALLY** happening/happened?

What's the Drama?
What meaning, story, or justification am I giving it?

Move through ACCEPTANCE when you don't LIKE the data:
Acknowledge that this is happening, decide to mindfully respond instead of react... and decide not to become a victim to it.

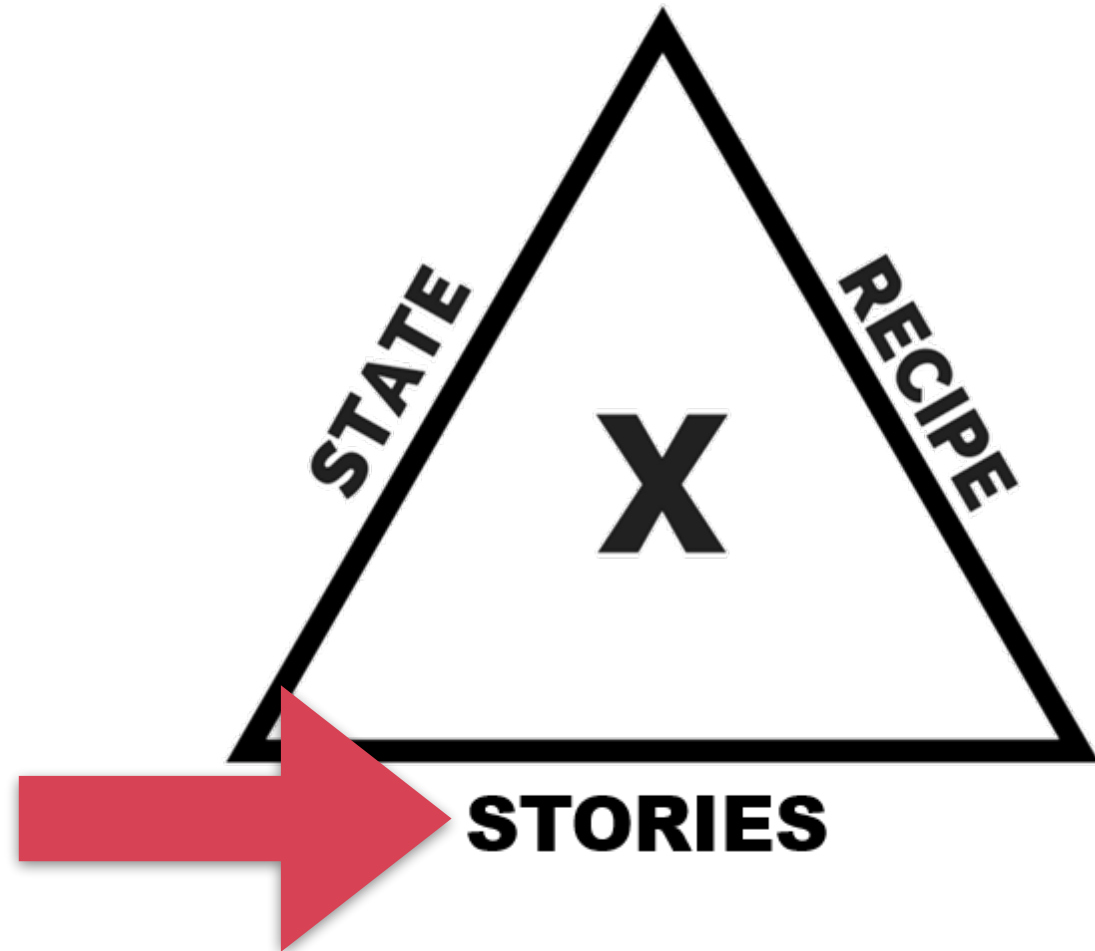
Borrow This Belief:
"I don't have to LIKE the the data, but the sooner I can accept it, the sooner I can move through it, because "when I argue with reality I suffer."





*Part 3: How To Unwire/Rewire:
Change Your Brain With Words*

We become whatever we practice...



How You Will Use This Journal...

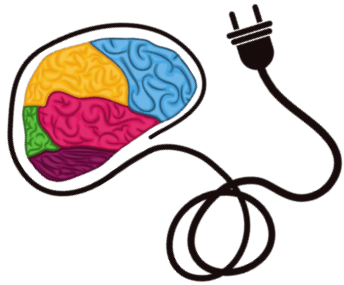


The CONTENT

- ★ 1. Thanks Past
- ★ 2. Thanks Present
- ★ 3. Thanks Future (Grateful in advance!)
- ★ 4. Wins from the Past
- ★ 5. Wins from the Present
- ★ 6. Wins for my Future (I'm creating them!)

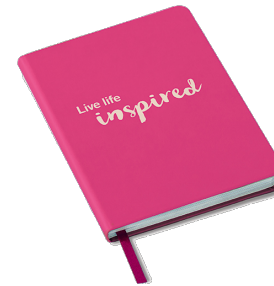
Baby Steps:

(Minimums vs. Maximums)



Phase 1:

- ★ 1. Thanks Past
- ★ 2. Thanks Present
- ★ 3. Thanks Future (Grateful in advance!)
- ★ 4. Wins from the Past
- ★ 5. Wins from the Present
- ★ 6. Wins for my Future (I'm creating them!)

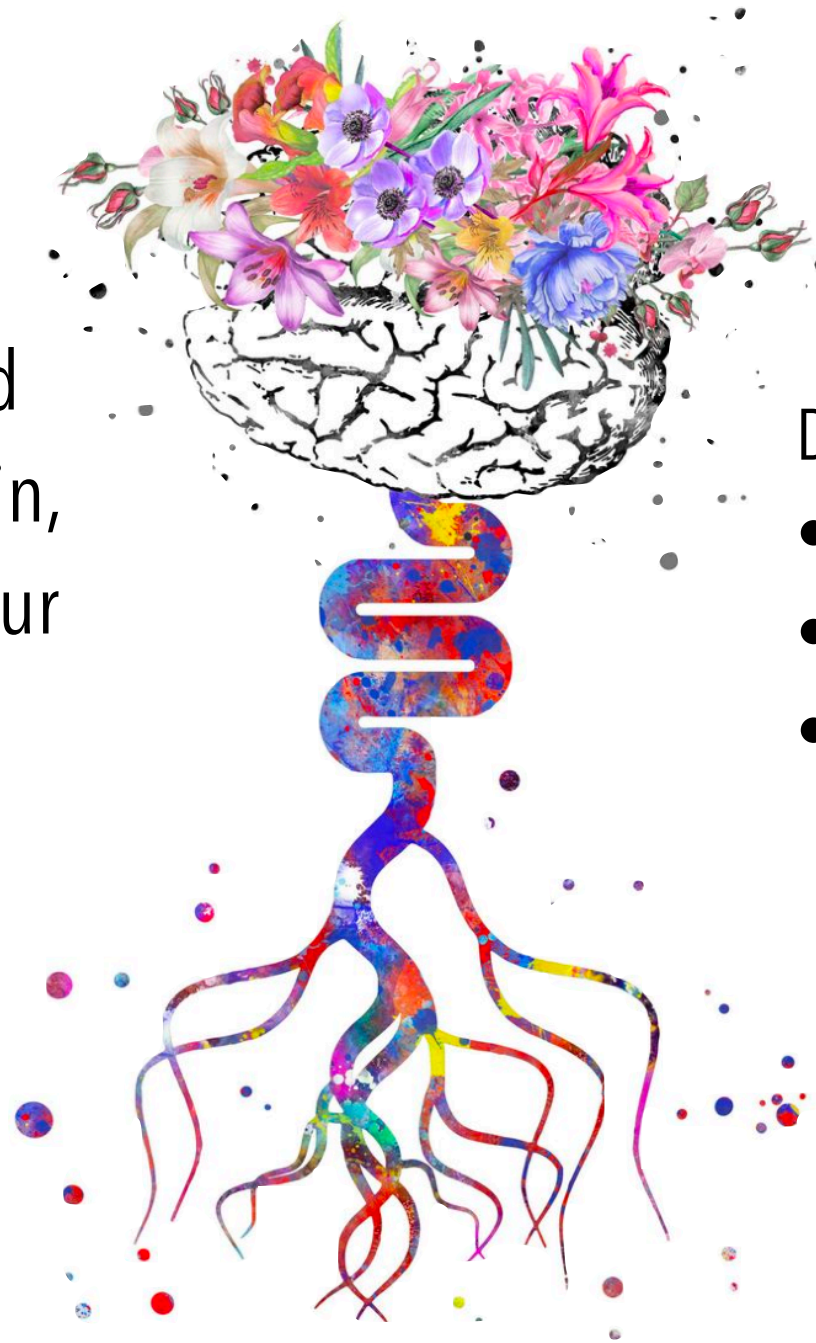


Phase 2:

- ★ 1. Thanks Past
- ★ 2. Thanks Present
- ★ 3. Thanks Future (Grateful in advance!)
- ★ 4. Wins from the Past
- ★ 5. Wins from the Present
- ★ 6. Wins for my Future (I'm creating them!)

We are going to unwire and rewire the inside of your brain, your nervous system, and your self image in 3 ways....

Phase 1
Unwire/Rewire



Daily Ritual:

- Unwire 1: Part 1 of Ritual
- Unwire 2: Part 2 of Ritual
- Unwire 3: Part 3 of Ritual

The Soil

A night sky with a starry background and a vertical streak of light in the center, possibly representing a galaxy or a nebula. The colors transition from dark blue at the top to a bright orange and yellow glow at the bottom.

That's It!