

CHOOSE HOW YOU WANT TO FEEL

1. Use a timer with an alarm.

2. Close your eyes and try to feel and imagine the UNWANTED emotion in vivid detail for up to 17 seconds.

3. Close your eyes and try to feel and imagine the PREFERRED emotion in vivid detail for a minimum of 17 seconds, increasing up to 68 seconds.

UNWANTED

PREFERRED

worried **OR** confident

hopeful **OR** sure

anxious **OR** optimistic

anxious **OR** excited

embarrassed **OR** proud

burdened **OR** expansive

effort **OR** effortless

pressure **OR** release

struggle **OR** ease

distracted **OR** focused

focused **OR** Fin-flow

frustrated **OR** satisfied

disorganized **OR** orderly

scattered **OR** methodical

incompetent **OR** competent

reactive **OR** in-charge

vulnerable **OR** empowered

proficient **OR** masterful



RE-PROGRAM
YOUR
SUBCONSCIOUS
SO YOU CAN
FEEL
GENUINELY
HAPPIER

"You have power
over your mind - not
outside events,
Realize this and you
will hav strength."
-Marcus Aurelius