

IMAGINE IF YOU HAD A WAY TO  
REDUCE STRESS AND BOOST  
YOUR CONFIDENCE WHENEVER  
YOU WANTED OR NEEDED TO...

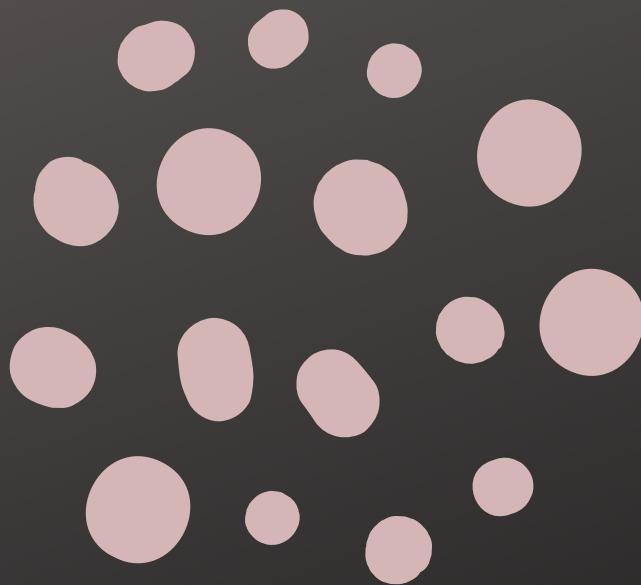


# HERE'S A TECHNIQUE TO REWIRE YOUR BRAIN

imagine a tiny container that  
you keep inside yourself  
very near your heart  
with a lid you can  
open and close



inside the container you keep touchstones of times in the past when you accomplished something that had a positive outcome and made you feel like a million bucks



these touchstones are objects representing a past feeling and by holding it in your hand you can remember and reproduce that feeling in the present moment

A TOUCHSTONE CAN BE ANYTHING -

a smooth stone you found  
on the bank of a river



a pine cone you picked up  
from the ground in a forest



a beautiful shell you found  
in the surf on a beach



a feather you collected  
from a fallen birds nest



it could even be a tooth  
you lost as a child.....

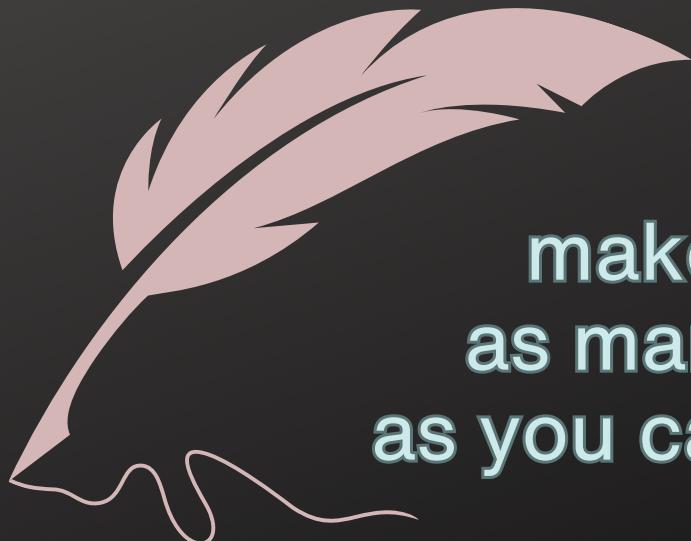
it doesn't matter what it is  
as long as it's something that  
you once touched and you can  
imagine holding in your hand

I USE THESE -



HERE'S THE FIRST STEP -

spend however long it takes  
sitting quietly and thinking about  
things you've accomplished in the past  
that had hugely positive outcomes and  
made you feel like a million bucks



make a list of  
as many of them  
as you can remember

HERE'S THE SECOND STEP -  
*(and this is the important part)*

you remember those feelings of  
power  
elation  
success  
gratitude  
awesomeness  
accomplishment

focus on those feelings, taking full  
ownership for them and anchoring  
them firmly in your body

and then assign each of them  
to one particular touchstone

HERE'S WHY THAT'S IMPORTANT -

our brain responds to our profound feelings and our deep emotions

and get this -

it's unable to distinguish the difference between something that's real and something that's imagined

its job is to duplicate the thought patterns that stimulated a feeling or emotion in similar scenarios in order for us to experience those feelings and emotions

## HERE'S WHAT IT MEANS -

you once faced a problem or situation that created stress and being unable to see a solution, you felt shitty about yourself and your confidence was eroded

-OR-

you once overcame a problem or situation that created stress and finding a solution, you felt accomplished and confident about yourself

your brain makes sure that when something like that happens again, your thought pattern is duplicated in order to make you feel the same way you did at that time

you now have a container holding touchstones associated with feelings of accomplishment from creating positive outcomes when you were challenged and stressed by something

visualize what it looks like and where you keep it inside yourself so you can find it whenever you want



MAKE TIME TO PRACTICE  
DOING THIS EVERY DAY -

you can retrain your brain  
in a matter of weeks

when you first wake up or  
before falling asleep is a  
great time to do this...

you can use this  
whenever you're facing  
a problem, issue or situation  
that's stressing you out and  
not being able to figure out  
what to do, your confidence  
is nowhere to be found

HERE'S WHAT YOU DO FIRST -

find that tiny container  
inside yourself

imagine taking it out and opening it

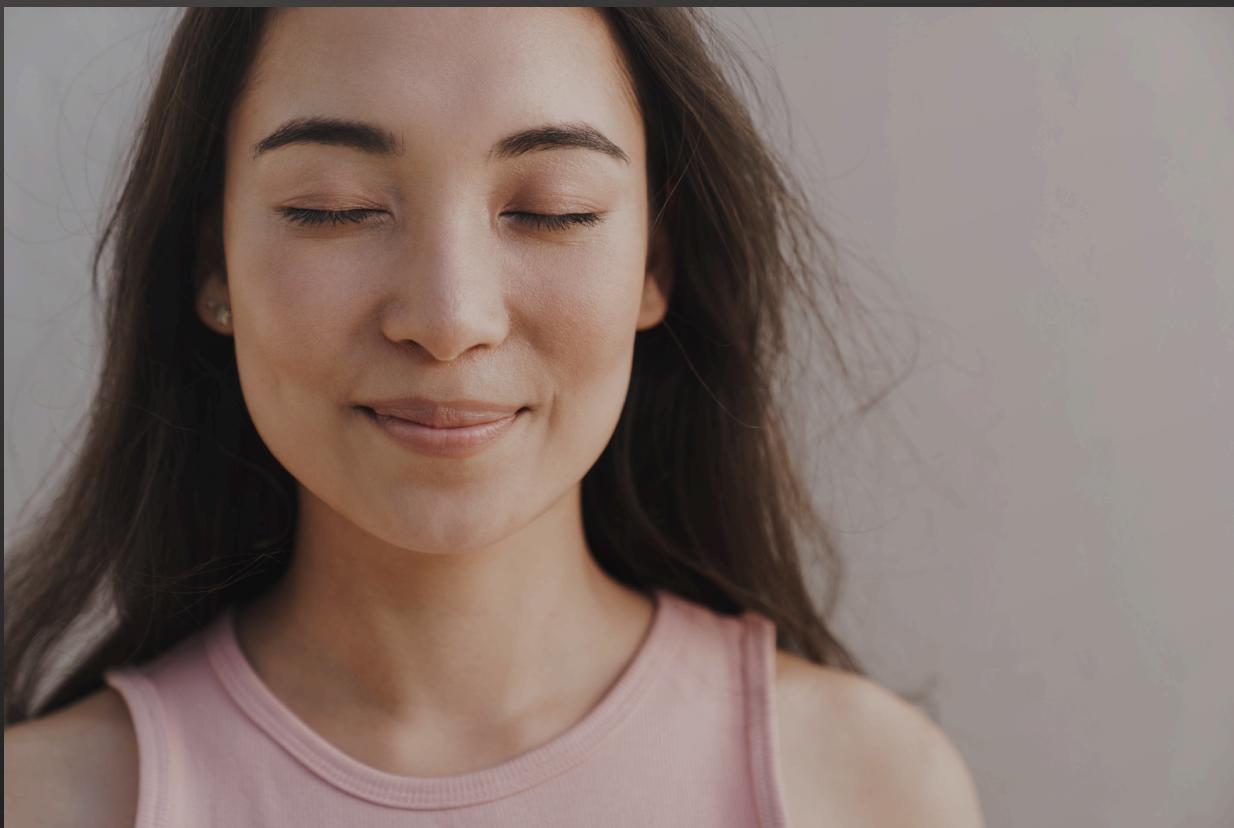
sift through the touchstones  
choose one of them and  
hold it in your hand



HERE'S WHAT YOU DO NEXT -

focus on that thing you did, letting all those feelings of accomplishment flow deeply through you

remember the positive outcome and let that amazing feeling completely flood your soul



HERE'S WHAT'S HAPPENING -

if you've experienced those  
feelings and emotions  
at a profound level,  
your brain has already  
recognized them

and it's churning away  
duplicating a thought pattern  
that's just like the scenario  
the touchstone makes you  
remember so that you can  
perceive the similarities and  
experience those same  
feelings and emotions now

# HOW YOU CAN TELL IT IF WORKED?

you suddenly discover a solution  
to the problem or issue or situation  
seeing how this time is like that time  
and understanding that this is  
something already familiar to you

imagining the positive outcome,  
you feel amazing 'cause you  
experience that feeling of  
success and accomplishment

and Shazam -  
your confidence skyrockets  
and your stress evaporates