

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

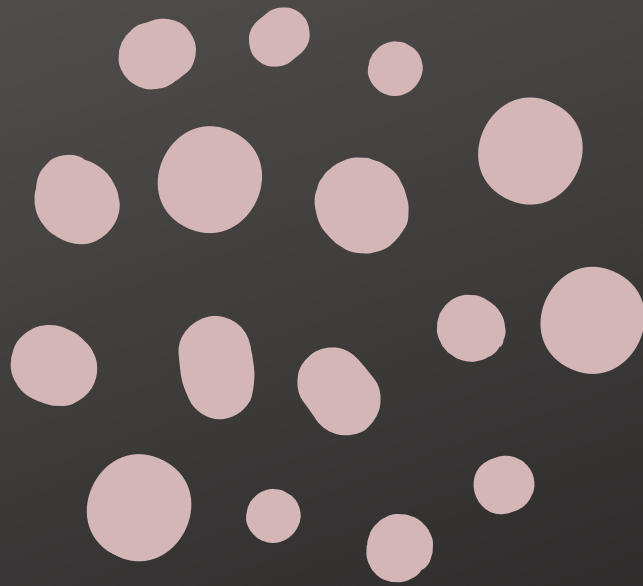


HERE'S A TECHNIQUE TO REWIRE YOUR BRAIN

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.....

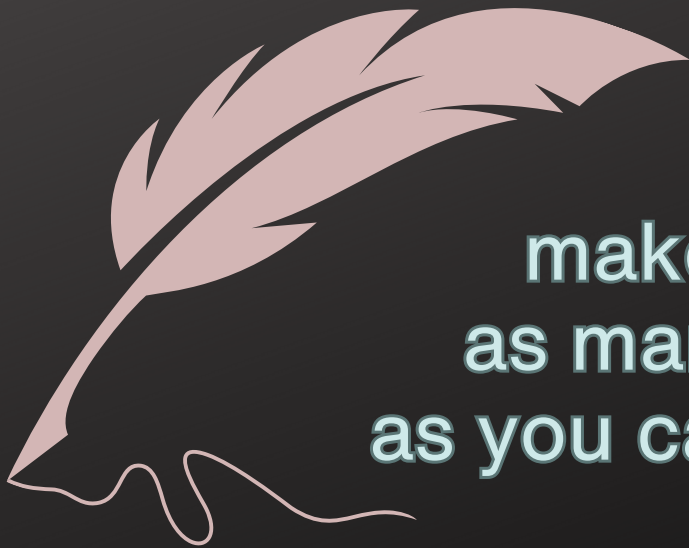
it doesn't matter what it is
as long as it's something that
you once touched and you can
imagine holding in your hand

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