

Emotional Balance

Challenge



Simply Follow these Quick-Start Steps Over One-Hour

Simple, Proven Methods to Calm Your Mind, Improve Your Mood,
Lower Your Stress, & Relax Your Body

1 Without judgement, use curiosity to simply observe your mind, mood, stress level, & body tensions

2 Use any method below for 20+ seconds:

- Pop in a strong mint or cinnamon
- Fully stretch & extend your arms above your head, stay extended and rotate wrists and fully extend fingers
- Listen to soothing or uplifting music or sounds

3 Use curiosity to simply observe changes in your mind, mood, stress level, & body tensions

4 Set a timer for 15 minutes & return to regular activities



5 After 15 minutes, start again at #1 & repeat this cycle until you return to this step for a third time.

On your third time to this step, simply do steps #1 to #3.

CONGRATULATIONS!

I Know you are less stressed, more calm, & more relaxed now than before the Challenge. And it feels Good.

These methods cooperate with your brain's emotional center. And that's what makes us different

Use the QR Code to Register for "Calm-In-A-Minute Strategies" where you'll discover So Much More!





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Insights to get the Most
from this challenge

- Practice looking at your mind, mood, stress level, & body tensions as if you're watching a movie. The idea is to observe like you're watching someone else, and use curiosity instead of judgement.
- The three (3) methods provided are a small sampling. There are so many more methods available.
- There is nothing special about one-hour or 15 minutes. This is simply a fun & easy way to show you how little time it takes to go from overwhelm to calm when using our simple, proven methods.

To get the most out of this Challenge, please follow the steps and times as given.

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