

# *Mind Mechanics 101 : Starter Toolbox*

THIS YEAR GIVE THE GIFT THAT CONTINUES TO GIVE  
FIVE 60 MINUTE PHONE CONVERSATIONS OR ZOOM SESSIONS  
RESERVE YOUR SLOT NOW BUY TODAY  
5 TOOLS \$300 US

1. **SILENCE BUSY MIND** : Acknowledge, identify, question, answer and execute intelligent & authentic banter with yourself. Connect with your authentic self to learn how to disconnect from the unnecessary mind chatter creating negative triggers and disconnections within yourself and your most valuable relationships.
2. **NEGATIVE INTERNAL DIALOGUE** : The way we allow our thoughts to speak to us and the way we directly interact with our thoughts, often influences our reactions, responses and behavior. Where does yours stem from?
3. **CHRONIC NEGATIVITY** : Are you aware of this type of toxic behavior? Is the majority of everything you say negative, a complaint, some form of criticism or a judgement? This is bullying and normally starts in the home among loved ones. Do you know someone who struggles with chronic negativity? If you're reading this, the answer is probably yes. Understand these reactions and responses, learn your triggers, how to cope with others and what keeps people behaving poorly.
4. **COMMUNICATION** : "Use your words please." Quality communication builds confidence and trust among people. Understand how you set yourself up for success or failure based on your communication skills or lack thereof.
5. **NEGATIVE ENERGY PRESS : RESTORE**. "There is nothing better than to feel remarkable day after day." Everything we do impacts us and those close to us. When we maintain our own positive energy reserves, we allow ourselves the opportunity to give with more freedom, to feel less anxiety and stress. This practice helps to diffuse drama, to speak in kinder ways, to stop assumptive patterns and to treat life with more respect. This mind practice allows us to tap into nature and our highest self.

**1-5 Session Schedule** : Monday - Silencing Busy Mind / Tuesday - Negative Internal Dialogue / Wednesday - Chronic Negativity / Thursday - Communication / Friday - Negative Energy Press