



MINDSET SERVICE  
presents:

# The CYCLE of CONSCIOUSNESS

## ✦ OUR TRIGGERS ARE TRYING TO TEACH US SOMETHING ON A DAILY BASIS.

**Check in with yourself.** Ask: With what aspect of my self am I out of alignment? Then ask: How would I rather feel about this individual situation or stressor?

## ✦ HELPFUL HINTS

**In stressful situations:** Interlace your fingers, cross your ankles and take three deep breaths. This will open up communication between the brain hemispheres and allow the proper wiring and firing to take place to restore calmness & balance.

**Hack into the 80/90 rule each night with some visualization practices:** Each night before bed, imagine your best life – if your life was as good as it could possibly get, how would it look? What would it feel like? See it and feel it for 2 minutes. Then imagine your life 10 times greater than that for two minutes. Finish up with an additional two minutes visualizing your life 10 times greater than you can imagine it.

**When in a stressful situation:** Hold one positive emotion in your body as strongly as you can and reverse the cellular response with positive emotions. Think of the best day of your life, or something you love deeply for at least 68 seconds.

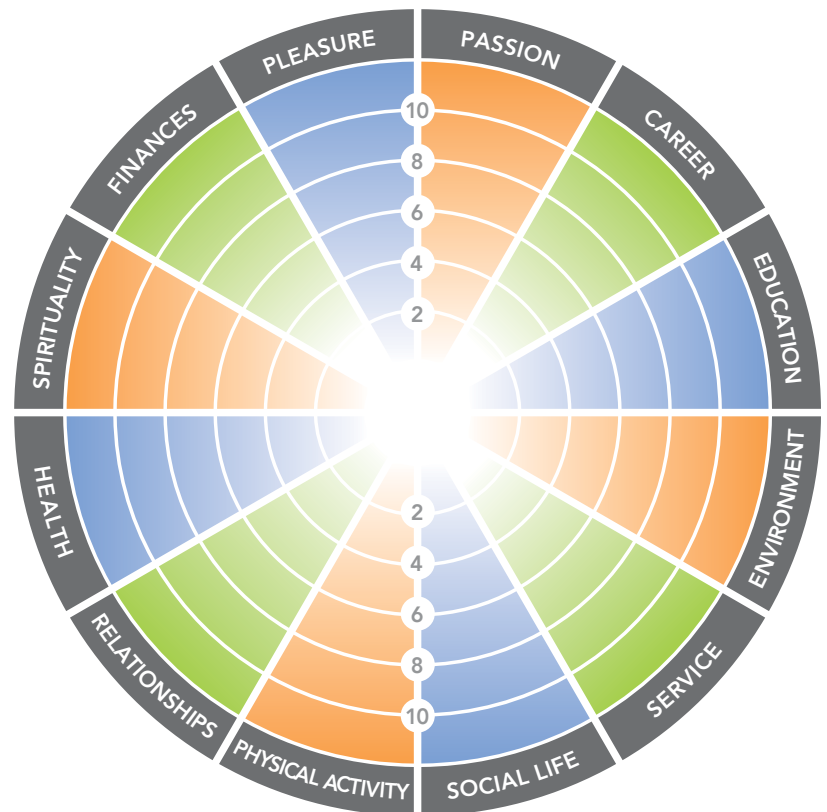
**Remember:** The subconscious mind does not know the difference between imagination and reality.

## ✦ A HELPFUL EXERCISE...

This tool is designed to spark awareness, achieve balance amongst these 12 critical aspects of life, and identify areas of potential improvement.

You will decide on a scale from 0 to 10 your emotional resonance (how you feel currently in each category) – 10 being the best on the outer edge of the circle and 0 being the worst in the middle). Place a corresponding dot on each slice of consciousness and then connect the dots to see a shape that reflects your present state of consciousness.

This shape will morph over time...  
Check into it later and compare your growth!



NAME \_\_\_\_\_

DATE \_\_\_\_\_