



3 Mind Hacks to Help You Break *Through* Challenges

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Be in
Control

Enjoy More
of Your Life



MIND HACK 1

Put an
Unpleasant
Experience in a
Museum

6 Easy Steps



Steps 1 and 2

1) Think of something that was unpleasant, NOT traumatic. Make a picture of it in your mind.



2) In your imagination, make the picture black and white, grainy.



Steps 3 and 4

3) Scratch it up.



4) Shrink it.



Step 5

5) Put it far, far away.



Step 6



6) Put a frame around it.
Hang it in a museum - Set a light...

**Keep the
Learning!**

**Let Go of the
Disempowering
Emotion!**





Mind Hack 2

4 Steps

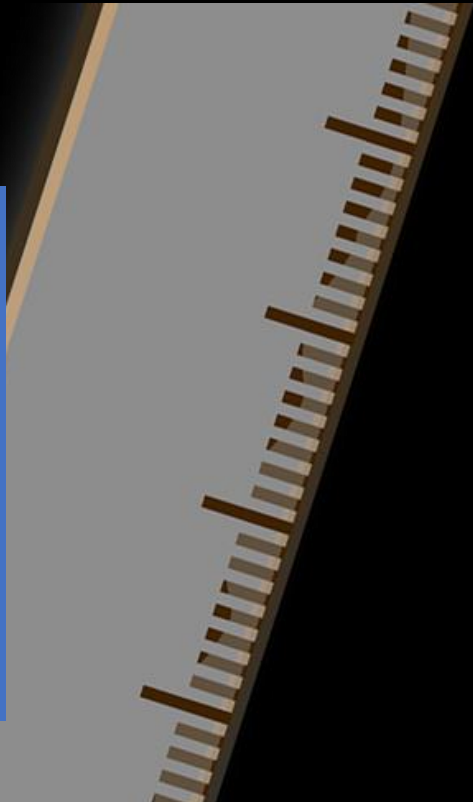


Step 1:

In a Bad/Sad Mood?
How Bad Is It?

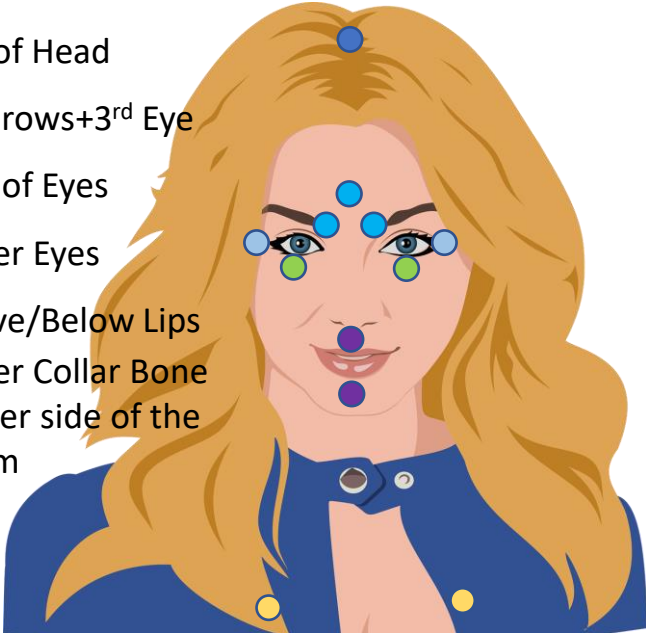
Give It a Number
0-10

0 = Feeling Fantastic
10 = Could NOT Be
Worse



Step 2: Gently Tap on or Touch the Following Points, While Saying “Let It Go!”

- 1. Top of Head
- 2. Eyebrows+3rd Eye
- 3. Side of Eyes
- 4. Under Eyes
- 5. Above/Below Lips
- 6. Under Collar Bone on either side of the sternum





Step 3:

Hold Your Wrist,
Take a Deep Breath,
and Say “Peace”

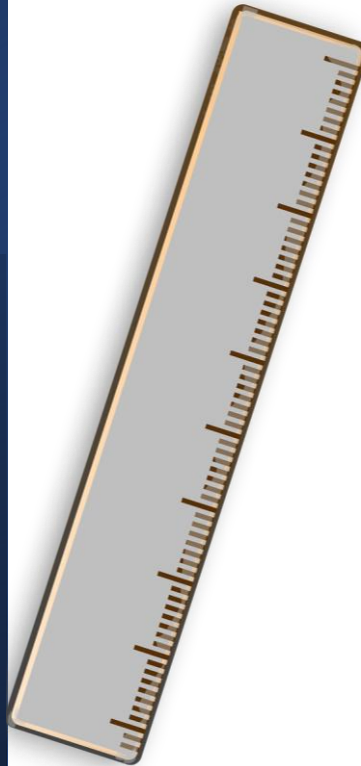


Step 4:

How Do You Feel Now?

Give It a Number
0-10

0 = Feeling Fantastic
10 = Could NOT Be Worse





Repeat Steps 2-4 Until You Are at "0"

This “Silly “ Technique,
Known by Many
Names...



- The Tapping Techniques, aka
- EP-Energy Psychology, aka
- Meridian-Based Energy Psychotherapy...

Has scientifically been proven, around the world, to be one of the most powerful techniques to change your mindset and to release anxiety.

TRY NOT, DO!

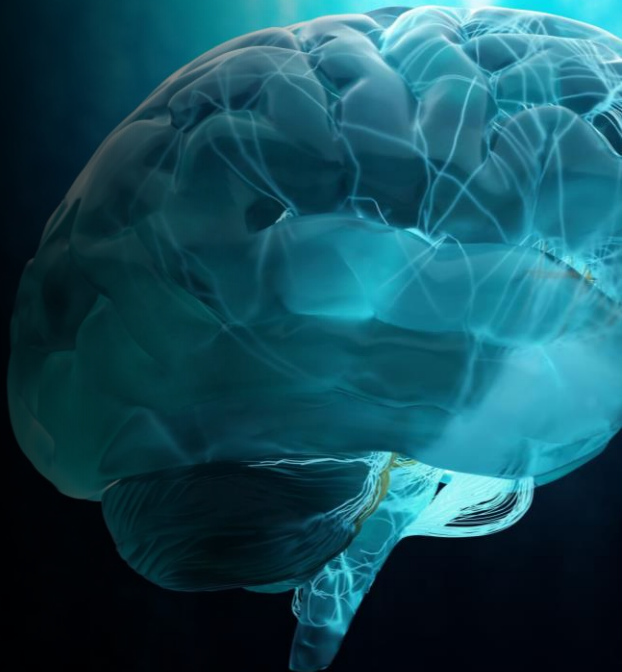


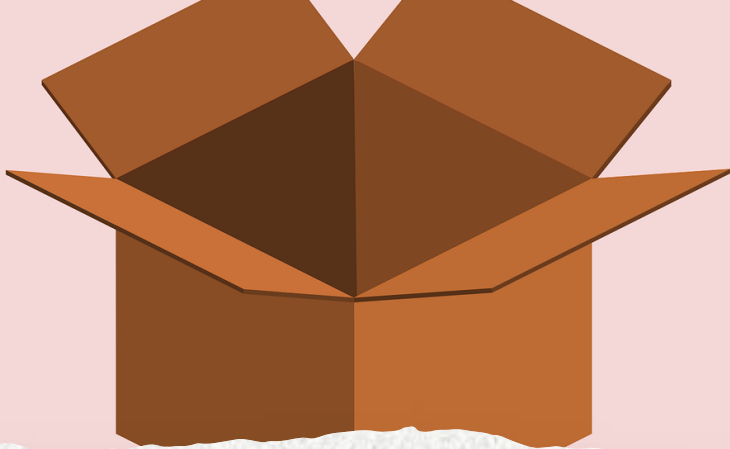


Mind Hack 3:

Use Your Body
to Change the
Circuitry of Your
Brain

3 Steps





Step 1: Imagine a Box In Front of You



Step 2:
Fill It Up with
“I Don’t Like
This Thought”

Step 3:

Physically MOVE
the Imagined
Box...

Put it on the Side...

Or Better Yet,
Take It
Somewhere Else!

Leave It There.

Go Back to Your
Daily Life.



Use These Mind Hacks To Help You...

- Quit Smoking
- Lose Weight
- Get Rid of Needless Pain
- Eliminate Fears and Phobias
- Relieve Anxiety
- Increase Business Confidence
- Enjoy Public Speaking
- Boost Self-Esteem
- Prepare for an Exam
- Transform a Trauma
- Break Bad Habits
- Enhance Sport Performance
- Solve Inner Conflicts

Quit
Smoking

Understand
the Science...





... and Become
a NON-SMOKER,
So You Can,
Potentially...

- Save a lot of money
- Heal your lungs; they will thank you
- Improve your overall health
- Smell better
- Not fret when you have to be in a non-smoking environment (work, airplane, restaurant, hotel, conference, around children, friends and/or family...)
- Have more energy and stamina




Weight Loss

Trans-Form-Action

- Stop the cravings
- Stop the binging
- Break the yoyo dieting
- Shift your metabolic rate
- Discover new resources
- Feel good about yourself
- Be who you truly are



A woman in a white, long-sleeved dress with a flower in her hair stands in the dark, rocky entrance of a cave. She is looking out towards a bright, golden sunset over a vast landscape. The sky is filled with many small birds flying in formation. The scene is illuminated by the warm light of the setting sun, creating a dramatic and hopeful atmosphere.

Get Rid of
Needless
Pain

2 Types of Pain

The one that says,
“Do Something NOW!”

- Abscessed tooth
- Broken limb
- Appendicitis
- Chest pain
- Burn
- ...

The one that lingers to
remind you to be careful

Your sub/unconscious
mind does NOT want you
to be hurt again, so it
keeps the pain to
“protect you.”

To this pain, you can say,
‘BE GONE!’



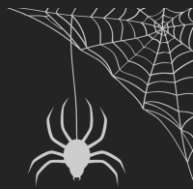
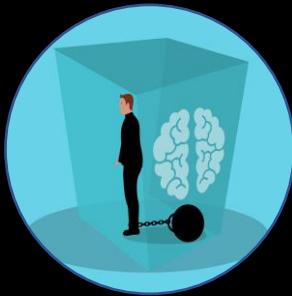
Good
Bye!

FEAR

Lowers Quality of Life




Release Fears and Phobias



Peak Performance

A photograph of two mountaineers on a rocky peak. The climber on the left is wearing a blue jacket and dark pants, leaning forward. The climber on the right is wearing a red jacket and dark pants, holding a climbing tool. The background is a clear blue sky with a bright sun in the upper right corner, creating a lens flare effect. The bottom of the image is cut out, showing a white, jagged edge against a black background.



BOOST

- Creativity
- Sport Performance
- Business Success

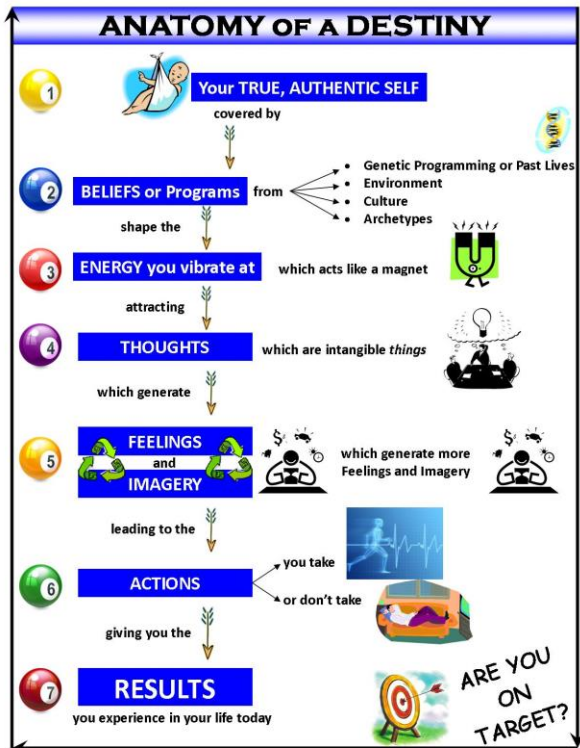
**BE
WHO YOU
TRULY ARE**

INCREASE

- Self Esteem
- Self Worth
- Vitality



You Have
Been
Programmed





Isn't It Time to Retrain Your Mind
and Enjoy a New Life?

Need More Help?

It Is Easier Than You
May Think.
Contact Me.

A Transformation May
Only Be a Click Away...

Contact Me for a Complimentary,
CONFIDENTIAL Consultation

<https://daniellejcoaching.com>

702-900-6730

