



YOUR 3 STEP MIRACLE SELF- & CO-REGULATOR



01. MINDSPELL P•E•A•C•E

Don't know what to do?
That's OK.
Start MindSpelling P•E•A•C•E

02. LEAN IN WAIT FOR IT

BREATHE & MindSpell P•E•A•C•E
Pay attention. Are they sputtering?
Are they running out of steam?
MindSpell P•E•A•C•E - 30 Seconds



03. IDEA POPS IN: DO THAT NOW

When an idea pops in, do it.
If nothing pops in, then don't
do anything for now.