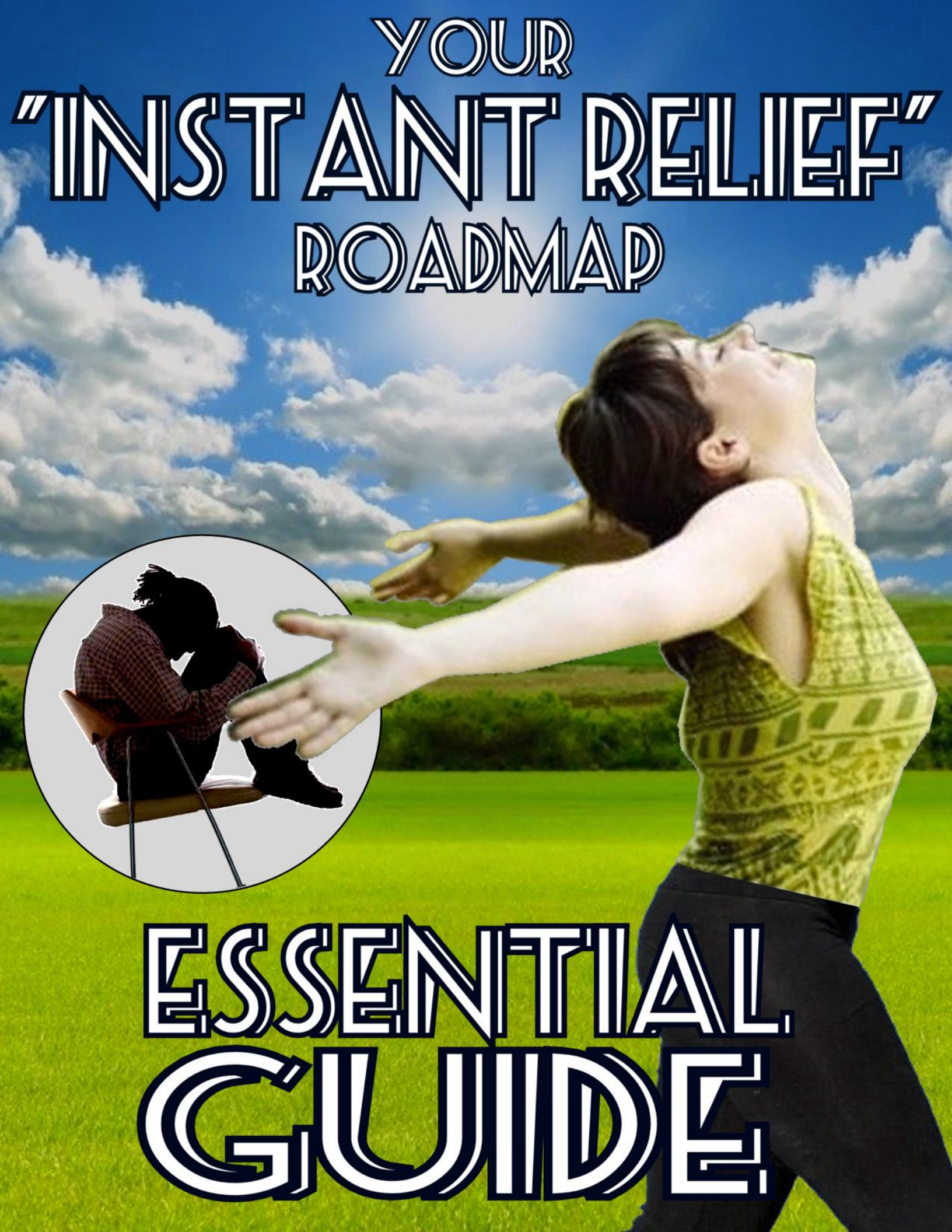


YOUR  
"INSTANT RELIEF"  
ROADMAP



ESSENTIAL  
GUIDE





# YOUR "INSTANT RELIEF" ROADMAP

## I. RECOGNIZE "COUNTING CONSCIOUSNESS"

### Instructions:

Multiple times a day play the game of "Counting Consciousness" to build your awareness of your thoughts & emotions.



1. **Count your Positive** thoughts & emotions on your **right hand**.

2. **Count your Negative** thoughts & emotions on your **left hand**.



Winning Hand = All five **5** fingers up first!  
Play often at your own ease.



### Remember

1. **Judgement-Free** - "Reserve the temptation to judge or evaluate that your Thoughts & Emotions are "Bad or Good."
2. **Purpose** - To expand your personal awareness & build your ability to more clearly observe your inner world.
3. **Next** - Once you can Recognize when & how much your thoughts are positive vs negative, you can move into the next step of "Reframing" your core thoughts & emotions.



*"What is necessary to change a person is to change his awareness of himself."*

*-Abraham Maslow*



# YOUR "INSTANT RELIEF" ROADMAP

## 2. REFRAME

### "YOUR INNER JOURNALIST(S)"



**Old "Negative News" Journalist**



**New "Positive Press" Journalist**

**Story Theme:**

### 1. Highlights:

Write the Highlights of the Negative story that is NOT ideal for you:


### 2. Headline:

Name this story with a Title/Headline:



### 3. Core Emotions:

Tune into & name the core "Emotional Flavours" at the heart of this story:



**4. Fire Your "Negative News" Journalist!**

### 5. Highlights:

Write the Highlights of the Positive story that IS ideal for you now:


### 6. Headline:

Name your Ideal story with a Title/Headline:



### 7. Core Emotions:

Tune into & name the core "Emotional Flavours" at the heart of your Ideal story:



**8. OWN THE GOOD NEWS**

Share your new story -

- ★ Ideally with key people (in your life).
- ★ Definitely with yourself (in your mind).



YOUR "INSTANT RELIEF" ROADMAP  
3. RESTORE  
YOUR "FEEL GOOD BANNERS"

**FEEL GOOD NOW!**

OPERATION FEEL GOOD

**FEEL GOOD  
NOW V.S. LATER**

OPERATION FEEL GOOD

**I LOVE  
FEELING GOOD!**

OPERATION FEEL GOOD

**I LOVE FEELING  
AS GOOD AS  
I CAN IN EVERY MOMENT**

OPERATION FEEL GOOD



# YOUR "INSTANT RELIEF" ROADMAP

## 4. RESULTS

# "RELIEF 2 RESULTS"

### a) Theme/Challenge:

Pick 1 challenge you want better results in



### b) State the better result you are creating:

"

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"



### c) Select and apply one or more tools you've learned:

RECOGNIZE



REFRAME



RESTORE



### d) Declare your progressive success:

"I am committed to creating     Your Results    "

"I am applying     Tools     to create my results."

"I will also     Action     in the next 24 hours"

"I am so appreciative for this opportunity thank you!"



*"Thanks to the "Full System" for amping up my efficiency and effectiveness in the world. The System is Brilliant, it's what we all need and it's applicable. From minute one you're being given information and tools that you can apply immediately."*

**Ellen Hayakawa**, International Speaker, Trainer, Coach & Best Selling Author of 'The Inspired Organization'



*"It makes you feel like you're here for a reason. My heart just poured out with emotions."*

**Peter Mazzuchin**, Financially Independent Real Estate Investor, Writer, Coach



*"Seamless magic!  
I'm experiencing more peace and equality in my work and personal relationships. It's a Level 10 Value!!!"*

**Terri Crocker**, Writer, Teacher, Graduate



*"I'm blown away, these guys created an amazing program. They have cracked a code."*

**Robert G. Allen**, Millionaire Entrepreneur & New York Times Best Selling Author of 'Nothing Down' & 'Cracking the Millionaire Code.'



*"It really shakes you up at the core and allows you to change from the inside out for the better."*

**Anna Maccani**, Real Estate Advisor/Investor



*"The tension that I felt was gone in a matter of seconds, I am grateful for the technique."*

**Marie-Claire Bourgeois**, Owner/Founder of 'Vibrations of Wellness'



*Wow! Stressed to Grateful in 30 seconds. Then I saw crowds of people coming. I'm so excited to tell the story.*

**Tammy Deubry**, Event Producer, Female Entrepreneur

# "Wow, Congratulations! You've completed your "Instant Relief" Roadmap!"

People like you with friends  
and families like yours have  
used our proven methods  
to change the quality of their

lives forever. Click here & go to:

[HOW2FEELGOOD.COM/FULLSYSTEM](http://HOW2FEELGOOD.COM/FULLSYSTEM)

to learn how to fundamentally  
rewire your mind & heart for success."



WE TRANSFORMATION

*[Handwritten signatures]*