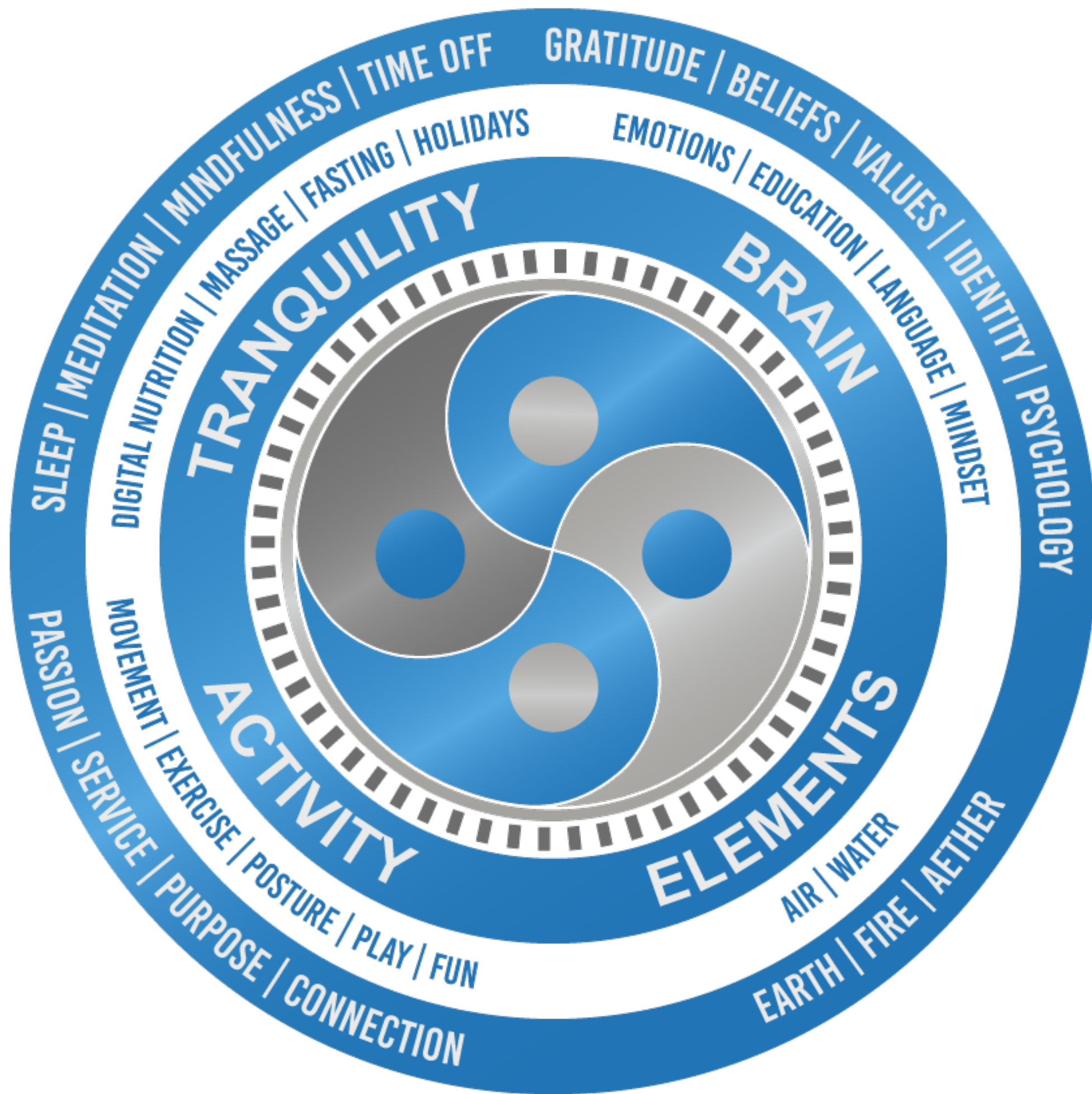




**The
Thought Gym**®
MINDSET | MOVETRITION | MINDFULNESS





1. Did I get 7 - 9 hrs quality uninterrupted sleep last night?
2. Have I shut down from all communication and electrical devices for at least 1 hour today?
3. Have I spent time in some kind of quiet alone time today (meditation, focused breathing, prayer, hypnosis etc)?
4. When was my last day off completely from work? And longer holiday?
5. Have I had a massage, bodywork or flotation in the last month?

1. Where is my **Attention**, what language/meaning have I **Assigned**, and what **Actions** am I taking?
2. Am I living and making decisions in line with my highest values today?
3. Am I A.B.L.E.[™] (Always Be Learning & Evolving) and living with the E3 Baby Mindset[™] - Explore, Enjoy, Evolve?
4. What am I grateful for in my life right now?
5. Am I in charge of my inner voice today?



1. Am I moving my body for a few minutes each hour?
2. Am I positioned physically for optimal body alignment and energy?
3. Have I done 'Intentional' exercise today or some 'Integrative' or A.S.E.[™] training?
4. Do I have passion and purpose in what I'm doing today? Have I laughed yet today?
5. Am I spending enough time with energy angels today? Or too long with energy vampires?

1. Have I done deep diaphragmatic breathing ?
2. Have I drunk 3 -5 litres of quality water today? Is my pee almost clear?
3. Am I following the P.A.N.L.O. 80/20[™] approach to eating today?
4. Have I been outside in sunlight today? Have I spent time outside and in nature?
5. How clean is my environment today? Physical, cosmetic products, EMF's?