



Rematrixing

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Life Assignment

1. Savor the good (**Rematrixing** practice).
2. Catch your mistaken beliefs and try something DIFFERENT, outside what the limits suggest (**Liberating** practice).

What's It To Me?

REACT: What strikes me?

DIGEST: What about it strikes me? How do I relate to this?

Feelings?

Yearnings?

APPLY: What are the implications of this in my life?

ENVISION: What long-term influence could this have?

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The Neuroscience of Rematrixing

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If... Then... Implementation Intention

If _____, then _____.

(Time) (Action)
(Situation)
(People)
(Condition)
(Mood)

If _____, then _____.

If _____, then _____.

If _____, then _____.

If _____, then _____.

If _____, then _____.

If _____, then _____.