

RESOURCES: FEEL GOOD NOW!

1. Smile
2. Laugh: Get in Habit of Laughing (watch comedy, comedy clubs, 3-stooges)
3. Read Positive Books: Engage Imagination (Read Books Daily)
4. Listen to Positive Audios (CD's) (Listen to Positive CD's Daily)
5. Go to Positive Meetings, Workshops or Functions (At Least 3-4 Times per Year)
6. Change Posture (Sit Straight Up, Walk Straight with Chin Up Shoulders Back)
7. Hugs; Habit of Hugging (Hugs Create Energy)
8. Do Something Daily Toward Your Dream
9. Create Dream Book
10. Create Dream Board (Add Yourself in Picture; More Powerful)
11. Look at Dream Board & Dream Book (often as possible, before bed, when awoken)
12. Empowerment Card (Chief Aim Card, Sweet Spot, next logical step toward achievement)
13. Go Dream Building (expanding your dream making reality, expanding belief & power)
14. Practice Appreciation, Thankfulness & Gratitude Always (look for good in everything)
15. Practice "What if Up Thinking" (what if everything goes right? What if I Win?)
16. Speak Positive Words (words have energy, use uplifting, empowering words)
17. Get Out of Debt! (Debt Disempowers, Live below your means, Practice delayed gratification)
18. Listen to Pleasing Music (Baroque Classical Music have high frequencies)
19. Dress for Success (wear clothes that make you feel fantastic)
20. Get New Friends (Income = Avg. of 5 best friends)
21. Do It Now Attitude! (48 hours after you made decision)
22. Learn How to Shake Someone's Hand Properly
23. Look Into Someone's Eyes When Talking (strong eye contact)
24. Listen More than You Talk
25. Organize Your House, Closet, Office, Car, Garage
26. Physical Activities Increase Your Vibration: Biking, Hiking, Swimming, Fencing, Martial Arts, Rock Climbing, Golfing, Tennis, Ping Pong, Fishing, Boating, Walking, Running, Yoga, Canoeing, Skiing, The Beach

Rebounder, Vibration Plate (hypergravity.net), Play Musical Instrument, Exercise Visit Museum, Dancing, Stretching, Visit Amusement Park, Sing, Play Games Take Any Class to Learn, Play Games (Uno, Pictionary, Trivia Pursuit), Do Something with Your Hands (painting, pottery, sculpture, cooking, gardening, puzzles) Play with a Pet, Play with a Child, Play and Have Fun
27. Chiropractic Adjustments

28. Energetic Rebalancing (Steve Lewis: AIM)
29. B.E.S.T. (Dr. Morter: Bio-Energetic Synchronization Technique)
30. Massage
31. Inversion Table (teeter.com)
32. Sauna
33. Meditation & Prayer
34. Deep Breathing
35. Air Filtration System
36. Plants in Office & Home
37. Magnetic Mattress Pads
38. Take Vitamins (Multi-Vitamins, E, D, Omega-3, Trace-Minerals)
39. Water & Shower Filter
40. Lose Weight (if over weight)
41. Get 8 Hours of Sleep (10pm -6am healing hormones released)
42. Eat a Good Big Breakfast
43. Electronic Chaos Eliminators (Q-link, E-Pendants, Scalar Energy)
44. Cleanses (Fat Cell, Colonic, Candida, Liver, Parasite, Heavy Metal, Kidney, Spleen)
45. Eat Organic Foods (Fruits & Vegetables, Grass Fed Beef)
46. Magic Juices (Mangosteen, Acai, Monavee)
47. Whole food Supplements
48. Organic Raw Honey
49. Go for a Walk (Don't Look Down, Look Far Away at Things)
50. Be Familiar With the Emotional Guidance Scale
(Always Focus Moving Self Up Higher on the Scale; Always Feel Better & Better)