

Clear the Mind and Rewire the Brain

As you read the questions, feel into your body and ask yourself “Do I feel at peace?”

If you answer YES then move onto the next question

If you answer NO and you feel any discomfort, then do **Self EmRes** – Close your eyes

Do you feel overwhelmed and anxious when you are overthinking and have a busy mind with too much to do?

Do you get frustrated or angry at yourself, others or the situation when you replay the same story and thoughts in your mind?

How do you feel when you feel stuck in old limiting beliefs or patterns within your life?

How do you feel when it is difficult to create a new habit?

How do you feel when you have lots of negative and dark thoughts and you can't control them?

Do you get scared or fearful that you can never change uncomfortable thoughts about yourself, others or a situation?

Do you feel angry or annoyed during the times when you can't switch your mind and thoughts off?

How do you feel when you can't clear your mind and feel relaxed?

How do these affect your life, currently?

What emotion would you like to resolve now? **Do EmRes**

Based on your answers above what shifts of perspective or actions might you take to clear your mind and create new habits?