

# Top 5 Habits

## TO CHANGE YOUR LIFE

1. End your morning or evening shower with up to 30 seconds of cold water. Breath...
2. Take up to 20 deep consecutive breaths.
3. Brush your teeth with the opposite hand - while standing in front of the mirror...
4. Look yourself in the eyes and repeat “I love you” a minimum of ten times.
5. Remove these words/phrases immediately and replace with:

Remove	Replace
“I hope...”	“I know...”
“I need...”	“I have...”
“I can’t/cannot...”	“I can...” “I trust...” “I am...”

