

The Executive Code™

The Science & Methodology To Personal Mastery

Breath In for 5 Seconds

Hold for 5 Seconds

Breath Out for 5 Seconds

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Objective Thinking To Dissolve Fear

1. What am I fearful of - the worst thing that could happen?
2. What actual evidence do I have that makes these negative thoughts to be factual and true?
3. What evidence do I have that makes these negative thoughts to be actually false?
4. What are the benefits of experiencing the circumstances I'm experiencing?
5. How is the current situation serving me towards my purpose?
6. What is a more objective way of thinking about this situation now?
7. What new learning and positive actions can I take from this?