

GOALS	JOURNEY	SELF MASTERY				
<ol style="list-style-type: none"> Write down your top three reasons why this change is meaningful, and fulfills a cherished idea. Write down your top three reasons why achieving this goal will make you feel efficient, effective, and even masterful at your behavior. Write down your top three reasons why achieving this goal may help you feel more connected to others. 	<ul style="list-style-type: none"> Visualize yourself in the future. Describe how you feel now that you have realized your goal. Be as detailed as possible, including all of your senses. If anxiety should erupt, consider practicing one of the following strategies: <ol style="list-style-type: none"> Inhale through nostrils and exhale through pursed lips. <table border="1" data-bbox="511 562 1105 674"> <thead> <tr> <th data-bbox="511 562 716 615">EVENT</th> <th data-bbox="716 562 1105 615">Breathing Tempo • IN – HOLD – EXHALE (Seconds)</th> </tr> </thead> <tbody> <tr> <td data-bbox="511 615 716 674">Moments of Anxiety</td> <td data-bbox="716 615 1105 674">6 – 4 – 10</td> </tr> </tbody> </table> <ol style="list-style-type: none"> Visualize and/or visit a beautiful, peaceful landscape like a beach or forest. Engage all your senses (sight, hearing, smell, taste, and feel). Transport yourself in your imagination. Perform or observe a random act of kindness. Share time with a friend, loved one and/or pet. <ul style="list-style-type: none"> At the end of each day list 3 good things you experienced and or you helped bring about. <ul style="list-style-type: none"> Pick the top 3 for the week. Look back to your weekly top 3 experiences to help you remain grateful and happy, during your process towards your goals. 	EVENT	Breathing Tempo • IN – HOLD – EXHALE (Seconds)	Moments of Anxiety	6 – 4 – 10	<ul style="list-style-type: none"> Express your determination to change for yourself. Express your ability to manage the process of change for yourself. Express your reasons to change for yourself. Express your needs and deep feelings (e.g., fear, love) to change for yourself, and how you will benefit. Express your commitment and your actions to be your stated change. Support your moment-to-moment process towards change, by being supportive of your mind/body with the optimal resources and recovery fueling your change. The Pillars of long lasting change are: <ol style="list-style-type: none"> Mindset Recovery Nutrition/Hydration Movement <p>For further assistance see UpRight Movement's Regeneration Guidelines.</p>
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