
The EMPOWER Pack

Pt 2. Rewire Tool

Use this **science-based Rewire Tool** anytime to **recharge** your mind and body with more vitality. It just takes a few minutes and can be done at any time – daily or weekly.

Rewire:

Just as negative thoughts send you on a downward spiral, positive ones power up greater vitality. So, when you reframe any of your thoughts from critical to optimistic – you are actually rewiring your brain to think in a new way.

Science has shown that observation, focused attention on a specific subject, makes a huge difference in the brain in your frontal lobe, which affects how you think and feel.

The more time you spend focused or observing any empowering thoughts – including your answers below - you are rewiring your brain to create happier thoughts, happier moments, and more successful actions throughout the day.

It's time to move the spiral of emotion up... up... up...

WRITE at least 3 ideas: **What am I most thankful for today?**

Examples:

- I'm thankful for _____ (my friend) who always supports me.
- I'm thankful for my home where I can be myself no matter what.
- I'm thankful for my dog who always makes me feel better.

When you prime your brain with the affirmative messages you write below – these become thoughts that can be heard by the intelligent cells in your mind and body which Rewire neural pathways, clears stagnation, and supports the growth of optimal wellbeing - mental, emotional, and physical.

WRITE and TAKE ACTION on 1-3 ideas: **What could I do to make this week special?**

Examples:

- I will have a lunch date with a friend at our favorite restaurant.
 - I will turn my bathroom into a spa and enjoy a face mask or soak in the tub.
 - I will take my dog to the park to enjoy being in nature together.
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Your answers and the special meditation below will propel you in a constructive direction that will diminish your mental and physical exhaustion. And since every thought you have makes a chemical that contributes to happiness and vitality or unhappiness and weariness, now it's time to add the fuel that unlocks your **SUPERpower**.

Recharge:

[Listen to an SOSmethod Vitality Meditation.](#)

You can listen with your eyes open or closed. Play it in the car or laying down.

Feel the vibrational frequencies igniting that hidden potential in you as tingling sensations move across your body.

When you come to understand this hidden intelligence within you, it will help you change many things in your life. It will assist you in creating permanent neurological changes that help you make better choices, which will create better outcomes in every day.

[Today you will experience I Believe.](#)

AFTER THE MEDITATION:

It's time to act on the inspiration of what you wrote that would make your week special. Set that lunch or day in the park now to enjoy it in the coming days. Experience the spiral moving up as more innovative ideas appear today and during this week.