

Doctor Future Hope

DOCTOR FUTURE

DR. HOPE

“The Only Two Doctors You’ll Ever Need”

By Timothy V. Shockley Jr.

INTRODUCTION

Thank you so much for taking time to read this book. I am excited to share words of knowledge that will uplift and encourage your soul.

I believe the human body is the most valuable operation on the planet. You are the most valuable asset in your life. You are the producer of your future.

The human body is one of the most complex structures on the planet and the more I study it; *the more inspired I am by the master creation of God.*

I have put together words of knowledge that will guide you to health and mental freedom right from the comforts of your home, fitness studios and home gyms. I have 15 years of experience in the industry. I've worked with clients all over the country from - *fitness models, athletes, actors, bodybuilders and your everyday mom and dad.* I also have an expanded

knowledge as it relates to the anatomical structures of the human body.

My philosophy is very simple... your external view is a result of your internal flow.

Therefore, this entire book is about creating the flow of positivity, faith and life to eradicate toxicity from the body, mind and spirit.

Death and Life is in the power of the tongue.

Your words create your world.

You were created for mental, spiritual and physical freedom.

If you work on yourself from the inside out – you can expect results. Many of us are busy living our lives carelessly with little to no concern for the longevity of our health and wellness.

We wake up daily just hoping our aches and pains will go away. We bounce around from doctor-to-doctor hoping for answers. We are quick to repeat the history of our family members, ancestors and heritages.

Nevertheless, *we forget to look in the mirror and speak life into our own lives.* We look to doctors, medicine, the media, the government and the FDA (Food and Drug Administration) to solve the most pressing problems as it pertains to our health. We stand in lines at church waiting on the minister to heal our aches and pains. We call upon God to heal us; *yet we ourselves do absolutely nothing about it.*

Most of us don't workout, eat right, or have any type of order to our lives. We just live like we are going to live forever; carelessly.

Live as if you're going to die tomorrow; learn as if you are going to live forever.

– *Mahatma Gandhi*

So, I have put some simple information in here to help bring clarity in your life.

Health is synonymous with clarity! The primary goal in your life is to seek clarity in regards to your *family, relationships, children, career, business, community, etc.*

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*The ultimate goal for your health and wellness is
CLARITY!*

To be clear is to be uncluttered.

To be cluttered is to be unclear.

Throughout this book I will encourage you to take responsibility for your health and well-being, explaining the natural systematic functions of your body and the key components of your body that create energy, positive emotions, brilliant ideas and supersized dreams.

It's time that you unlearn-to-relearn how to reestablish a relationship with your body.

It's time that you Love Thyself... so you can love your neighbor as you LOVE Thyself. Loving thyself is taking care of thyself...

For every action – there is a reaction.

Eat to live – not live to eat.

However, the book is simplistic.

“Simplicity enables excellence.’ I desperately desire for you to get the results you want.

To conclude the introduction, your body is the vehicle that transports your *energy, emotions, ideas, dreams and aspirations*. *If you never maintenance the vehicle, how do you expect it to function properly? If you had a destination, it would inspire movement.*

A dream deferred makes the heart sick. A dream fulfilled is a tree of life. (See Proverbs 13:12)

SUBCOUNSICIIOUSLY ILL

I started regularly getting chiropractic adjustments in my early twenties and I thought to myself, “This has to be the best thing that was never suggested to me.” I knew nothing about it.

Being introduced to a chiropractor has significantly changed my life. I didn’t realize how jacked up my body was until I visited the chiropractor. My point is this – sometimes you don’t know you need a doctor until you see a doctor. Sometimes you don’t know you’re sick until you’re assessed. Sometimes you think you’re ok until you start to working out and eating properly that you find out how sick and nutrient deficient you really were. Through this book I am going to introduce you to a doctor that NEVER FAILS. Its success rates are at 100%!

If you apply the words of knowledge in this book, you’ll expedite your healing process.

I want you to apply the knowledge in this book so you can move towards **CLARITY!**

REST... *if your body doesn't stop it will collapse.*

REFLECT... *be ye transformed by the renewing of your mind.*

RESET... *your humanity is controlled by your internal biological structures; neurological, cellular, reproductive, digestion and immunity.*

Be still and know that He is God

Psalms 46:10

Prayer

Dear God,

I thank you for allowing me to see another day. You are the GREAT creator of the universe and you created me in your image and likeness to produce and be extraordinary. Thank you for sending your son Jesus to give His life for the redemption of mankind. His love and courage is unmatched and incomparable to man. I pray that I may decrease and that you increase in my life,

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*giving me the right perspective to love all people
the way you have loved me. I thank you for
clarity and focus as I meditate on your
goodness; that I may continue to see my purpose
in you.*

In Jesus Name,

Amen

ADVANCED MUSCLE THERAPY

Advanced Muscle Therapy is a manual therapeutic discipline that's targeted at correcting muscular imbalances and removing *adhesions, ropes, bands* and restrictions within the muscular structures throughout the human body.

Therefore, stimulates adequate blood flow to the *feet, heart and brain. This stimulation creates a flow that produces oxygen that produces positive energy currents.*

Adequate blood flow = Life/Energy

Lack of blood flow = Death/Pain

Wherever you find blood you find energy, life and vitality. Wherever you find a lack of blood or limited blood flow, you'll experience pain, agony, aches, up and down emotions, headaches, etc.

The skeletomuscular system was design to contract regularly. Contractions are the process

that monitors and aids the flow of blood throughout the body.

So, wherever you experience *aches, pain*, lack of *energy* and *emotional frustrations*, most of the time you'll discover a lack of blood flow.

What my clients don't understand is almost all of them have healed themselves. You are probably saying, *how is that?*

Their willingness to relax, reflect and rest. Thus, allows me to do my job as a specialist-the manual components. Before a physical transformation can take place, there has to be mental and spiritual capacity. Almost all of my client's subconsciously have allowed their healing to take place by quietly letting go of negative energy and emotions.

The mind and the emotion control the muscle.

The Process,

Structural Assessment – *locating muscular imbalances; a shoulder may be higher than the other.*

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Emotional Palpation – *locating knots or restrictions within the muscular system.*

Soft-Tissue Manipulation – *remove and break fascia adhesions.*

Muscular Realignment – *manually breaking up muscle fibers and moving them back to their proper places.*

You were built to be the creator and producer of your own existence. Now, for those who are reading, you may be asking yourself a wealth of questions pertaining to my FAITH.

Let me be clear that my personal beliefs - God is the Author and Finisher and Jesus is the Great I AM.... The Great Physician and Healer!

However, we have been given responsibility for our health and well-being.

Are you ready? The ONLY doctor you need is YOU... your intuition!

Your DREAMS...

Your VISION...

By the way “it’s Eternal.”

It’s Invisible...

*The miraculous POWER of God works through
your DREAMS...*

*Your energy and emotions respond to the HOPE
within...*

Take Action...you must execute.

Who’s responsible? – YOU!

*Once you understand what you desire in life ... it
creates a discipline and focus.*

THE HUMAN BODY

The human body was designed to function like a SUPER HERO!

Its capacity for stress is enormous; it was built with a significant amount of storage space to deal with the stresses of life. The human body was designed to *acquire process* and *distribute* energy and emotion. The dominate forces in our lives are attributed to stress. Stress is a real emotion and it can be triggered by positive or negative energy.

The human body was designed to heal itself with earth producing food, stillness, exercise and purposeful dreams.

The interesting aspects of the human body are its *experiences* and *exposures* and the *environments* in which it reproduces itself.

I believe man was created from the dust of the ground. I believe that we are spiritual-beings having earthly experiences; therefore we have a

living and breathing soul that guides the inner workings of our existences.

Every human-being on the planet is at the mercy of its own soul. The soul is comprised of three components that dictate the external energetic functions of the human body; *the mind, the will and emotions*.

Mind (*Proverbs 2:10*)

The mind is also described as *consciousness, logic, thinking, planning and ideas*. Your thoughts and produced in your mind and processes information.

Will (*Job 7:15, 6:7*)

The second part of the soul is the will. Some attribute the will of man to the heart of man; therefore, grouping them together as “The Spirit;” (*intuition*) producer of discernment that guides us - which is capable of *love, emotion, peace, happiness and joy*.

The heart is the storage units and distribution centers of energy and emotion; it’s considered

the wellspring of life and usually carries the positive and negative motives of man. It also bears the part of a human that can create and destroy. The lack of consciousness pertaining to the will of man can lead to very dark energy and emotions.

Emotion (*Song of Songs 1:7 and Psalm 42:1*)

The emotion comprises many things, including love, hatred, joy, and grief.

An emotion is a feeling; your body can literally feel your emotions, such as happiness, love, fear, anger, or hatred, which can be caused positive and negative environmental, biological or physiological responses.

The human body is complicated system - It runs just like a computer system. It has the ability to operate at high frequency and it also has the capacity to articulate ideas, process information and create life masterpieces at the discretion of the health and wellness of the being. There's no limit to what a human-being can accomplish within the realms of the earth.

That's why we must take responsibility for our health and well-being. We must unlearn-to-relearn our bodies so we can appropriately maintenance our anatomical systems, thus rebooting ourselves to *longevity, efficiency and productivity*.

11 FUNCTIONAL SYSTEMS OF THE BODY

Circulatory System

The circulatory system transports oxygen nutrients throughout the body and carries away byproducts of metabolism.

The circulatory system maintains blood flow throughout the body. It monitors and regulates blood pressure. It gauges the range of blood and pressure that placed on your organs and tissues.

Your circulatory system makes sure the nutrients are being distributed appropriately throughout the body. The truth is that high blood pressure will kill you slowly, while low blood pressure will kill you instantly.

Prayer

Dear God,

I thank you for the function of my circulatory system; I pray against the malfunctioning of my

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circulatory system. I command restoration of the circulatory system that it may function and operate exactly how you designed it to work. I pray against damaged cells. I command efficient circulation; creating better blood flow, energy currents. I thank you for adequate blood flow through my cellular system that promotes vitality. I am uniquely designed built on purpose to be productive and add value to humanity. I pray against any excess waste, toxins and static blood, health problems, colds, diseases, etc.

In Jesus name,

Amen

Lymphatic System

The lymphatic system transports lymph (a fluid) lymph nodes, lymph ducts, for immunity, regulation of blood pressure and digestion. The lymphatic system is the drainage system of the body; carrying fluid and other substances away from the cells and spaces between cells to be filtered, to fight disease.

Prayer

Dear God,

I thank you for the drainage function of my lymphatic system; that contains lymph nodes, lymph ducts, I thank you for sufficient fluid that allows the import and export of fluids to fight increase immunity and fight diseases. I am uniquely designed built on purpose to be productive and add value to humanity. I pray against any sickness, health problems, colds, diseases, etc.

In Jesus name,

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Amen

Respiratory System

The respiratory system contains the lungs, windpipe and all of the airways of the respiratory tree. It is responsible for breathing

Prayer

Dear God,

I thank you for my respiratory system that contains my lungs, windpipe and all of the airways of the respiratory functions. I thank you for the oxygen that flow in and out of my airways, expanding my lung capacity. I am uniquely designed built on purpose to be productive and add value to humanity. I pray against any sickness, health problems, colds, diseases, etc.

In Jesus name,

Amen

Integumentary System

The integumentary system is skin, which includes all the sweat glands, hair follicles and nerves.

Prayer

Dear God,

I thank you for the function of my integumentary system; which includes all my sweat glands, hair follicles and nerves. I pray for protection from rashes, breakouts, infections and diseases. I am uniquely designed built on purpose to be productive and add value to humanity. I pray against any sickness, health problems, colds, diseases, etc.

In Jesus name,

Amen

Endocrine System

The endocrine system includes all the glands that secrete hormones into the bloodstream. The endocrine system regulates metabolism and utilizes the products of digestion.

Prayer

Dear God,

I thank you for the function of my endocrine system; that regulates my metabolism and aids digestion. I thank you for adequate blood flow through my cellular system that promotes vitality. I am uniquely designed built on purpose to be productive and add value to humanity. I pray against any excess waste, toxins and static blood, health problems, colds, diseases, etc.

In Jesus name,

Amen

Gastrointestinal (Digestive) System

The gastrointestinal system is the gut: esophagus, stomach, and intestines which carry food from entry to exit.

Prayer

Dear God,

I thank you for the function of my gut; I pray for good gut health and I pray against any excess waste, toxins and static blood, health problems, colds, diseases, etc. I release any toxic blockages in my body.

In Jesus name,

Amen

Urinary (Excretory) System

The urinary system works together to filter blood and remove toxic waste from soft tissues. This system includes kidneys, ureters, bladder and urethra. The removal of toxic waste fluid also helps to regulate blood pressure.

Prayer

Dear God,

I thank you for the function of my urinary system; I command my urinary system to operate flawlessly creating better blood flow, energy currents. I command toxic fluids and waste to be released from my body. I pray against any excess waste, toxins and static blood, health problems, colds, diseases, etc.

In Jesus name,

Amen

Musculoskeletal System

The musculoskeletal system provides the framework for movement, posture, and productivity. This system includes muscles, tendons and ligaments.

Prayer

Dear God,

I thank you for the function of my musculoskeletal system; I pray against unhealthy muscles. I command realignment to every muscle fiber in my body. I release contracted muscles. I command restoration to blood flow throughout the muscle fibers. I command toxic fluid to be released from the muscle. I command knots, restrictions, adhesions, ropes and bands to be released. I command the repair of soft tissue structures and I pray for elasticity within the muscle fibers. I command the tendons and ligaments to be reset; I come against over stretched tendons and

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ligaments. I pray for the regaining of strength. I command my musculoskeletal system to operate flawlessly creating better blood flow, energy currents. I thank you for adequate blood flow through my cellular system that promotes vitality. I am uniquely designed built on purpose to be productive and add value to humanity. I pray against any excess waste, toxins and static blood, health problems, colds, diseases, etc.

In Jesus name,

Amen

Nervous System

The nervous system is incredibly detailed and includes system includes the brain, spinal cord and the nerve units.

Prayer

Dear God,

I thank you for the function of my nervous system; that regulates my brain, spinal cord and nerve units. I pray for complete function of the right and left brain. I pray against spinal cord injuries. I pray that my nerve endings would be rewired to function with electric energy and vitality. I command my spine to realign according to the original structures of original human anatomy. I pray against memory loss, lack malfunctions of logic and I command increase in my imagination and creativity. I thank you for the ability to think and to be patient. I pray that all neurological components are operating at high levels. I pray for adequate oxygen in my

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brain. I pray the release of soft tissue restrictions surround my nerve units. I pray against tumors and masses in my brain, digestive, glands, cells. I command my nervous system to operate flawlessly creating better blood flow, energy currents. I thank you for adequate blood flow through my cellular system that promotes vitality. I am uniquely designed built on purpose to be productive and add value to humanity. I pray against any excess waste, toxins and static blood, health problems, colds, diseases, etc.

In Jesus name,

Amen

Reproductive System

The reproductive system includes a penis and testicles, a vagina, uterus, and ovaries.

Prayer

Dear God,

I thank you for the function of my reproductive system; I pray against the malfunctioning of my reproductive system. I command restoration of the reproductive system that it may function and operate exactly how you designed it to work. I pray against tumors and masses in my reproductive organs. I command my reproductive system to operate flawlessly creating better blood flow, energy currents. I thank you for adequate blood flow through my cellular system that promotes vitality. I am uniquely designed built on purpose to be productive and add value to humanity. I pray against any excess waste, toxins and static blood, health problems, colds, diseases, etc.

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In Jesus name,

Amen

Immune System

The organs of the immune system are lymph nodes, bone marrow, thymus, spleen, adenoids, tonsils, and skin.

Prayer

Dear God,

I thank you for the function of my immune system; I pray for complete immunity; the creation of healthy blood cells to fight diseases. I command restoration of the immune system that it may function and operate exactly how you designed it to work. I pray against tumors and masses in my brain, digestive, glands, cells. I command my nervous system to operate flawlessly creating better blood flow, energy currents. I thank you for adequate blood flow through my cellular system that promotes vitality. I am uniquely designed built on purpose to be productive and add value to humanity. I

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*pray against any excess waste, toxins and static
blood, health problems, colds, diseases, etc.*

In Jesus name,

Amen

THE HEALING EXPERIENCE

– *In the first person*

The deepest level of my consciousness is the true values that determine my deepest thoughts, beliefs and convictions. Whether I believe it or not; *I am the sum total of what I've decided thus far.*

It's not by chance that I exist. *I am not a mistake, an accident or an experiment. I was created on purpose, to serve a purpose to create change within the world.*

I am the greatest miracle the world has not seen nor heard. Indeed, I was created to change the world.

There are many people waiting on me to invite them into a better life; *one of hope and renewal.*

I'm constantly searching for a deeper understanding of who I am. *I am persuaded that the greatest discovery is Gods will for my life.*

The world is in desperate need of my dreams. *My dreams are for others.* It's through my dreams that others are able to discover new opportunities.

My opportunity is now.

I cannot be afraid to step outside my comfort zone to discover the NEW ME. *The NEW ME is the original me.* The ME I've never discovered before. *I was born with dreams and aspirations and I desperately want to do well in the world.*

My deepest desires aren't wrong; I just haven't had the confidence to take a step outside the status quo to achieve them.

I believe generosity is the pathway to wealth and honor. It's the seed to my greatness. I have a heart for people and desire to practice generosity with my resources *because I was created to be a distributor of resources.*

I am committed to becoming *something I've always wanted someone to be to me...*

My vision is the inspiration and motivation of my existence. My vision creates my hope. My vision is what I can and can't see. *Eyes that look are common; but eyes that can see are rare.*

I was created to go the extra mile to believe in the things I desire most. I do believe that God will grant the desires of my heart.

My vision feeds my productivity; it motivates me through some of the most difficult times of my life.

The best way to see my future is to document it and I am committed to making my dreams a reality.

Information will always change my situation.

I will protect my future by positioning myself to stay informed. It's important to find the information I need to keep my dreams alive.

Be still and KNOW...

Sometimes I will have to go into a secret place and get quiet to eliminate the distractions in my life to see the blessings in my life.

Meditation allows me to stay narrow and focused on what's really important in my life. I'm learning to be still and know - so I can see my future with clarity.

Experiencing the new me is about the expansion of my vision as it relates to my life. I was put on the planet to produce something that would impact all of humanity.

There's no doubt I was created to dream big.

I will make up my mind to permanently eliminate the excuses from my current reality to move forward and dream beyond my wildest dreams. *No Excuses!*

Excuses only lead to lies that become soothing to the imperfection of humanity.

I am not perfect by any means, and I am still striving daily to become the best person that I can become. I've been through ups and downs –

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hills and valleys, but I refuse to give up on my dreams.

HEALING AFFIRMATION

- In the first person

I decide today to be healthy. I will commit to my health and well-being. I will allow my mind and spirit to dominate the movements of my body.

I am in control of my mind and I'm determined to succeed by any means. The opinions of others will not define me or dictate my actions.

I choose to love those who do not love me. I choose to be generous to those who do not show generosity towards me.

I will not give up when I am tired. I will not give up when I have a bad day. I will treat my body in relation to my vision for life. I choose to be happy and smile and I choose to feel great and stay physically fit.

I will not compare myself with anyone else within my age group. I will not compare myself with anyone else within my circle of influence. I will not exercise for the purpose of anyone besides my own personal health and well-being.

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I am the leader of my strength... and no one will get in the way of me achieving my greatest level of success.

I have a vision and I choose to see past my insecurities.... I have the body God wants me to have and I feel AWESOME.

MEDITATIVE AFFIRMATIONS

– In the first person

I was designed to dream big and run relentless towards my dreams. *Dreams are defined as an idea or a series of ideas that is produced, established or created to serve and add value to humanity.*

I was born with greatness on the inside to serve and add value to humanity. I do understand that some have lost sight of your dreams and goals through the stupidities of life. It's time now that I regain my strength to move forward regardless. I am no longer a victim to my past; I am now a victim of my dreams and goals. I am no longer a product of what I've come from; I am now a creator of products. Now is my time to get life right, *no more excuses. Excuses do nothing but make me feel bad about myself.*

My truth will set my dreams on fire. My passion to create and present my truth will ignite the flames on my dreams. I will do my best to stay

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true to myself and find creative ways to
eliminate excuses from my lifestyle

AFFIRMED DREAMS

I am a dreamer that was created to take action at the highest level. I will no longer allow my setbacks to become reality. I will no longer make excuses concerning my future. I will take action towards my dream supports my skills, abilities and passion. I will dream bigger than I have ever dreamed before. I will not think small and I will accept someone else's reality as my reality. I will walk by faith and not by sight. I will put forth my best effort to become a better version of myself. I do understand my dream stretches way beyond me that impacts not only my future, in my lifetime but stretches beyond my lifetime. I cancel any negative thoughts in my mind right now; I cancel any excuses that are forming to eliminate me from a phenomenal future. I was created in the likeness of God to succeed at the highest level and become my absolute best. My dreams are not fairytale, but my dreams are very real. I will have the strength, stamina and energy to run relentless towards my dreams. I will not let anyone stop

me from pursuing my dreams. I will renew my mind daily to those things which are kind, lovely, peaceful, informative and inspiring. I cancel any false reality that I may feel tempted to realize. I cancel any attempt to cowardly procrastinate toward my dreams. I am the head and not the tail; I am on top and not beneath. I am a winner full of hope, passion and courage to fight for my dreams. I will fight for my dreams by any means necessary. I will push towards my dreams regardless of my situation. I will allow my money, family, relationships and social status to stop or detour me from my dreams. I will be victorious at everything I do, I will win at anything I put my hands on, I will speak life to dead situations, and I will walk boldly through trials and tribulations. I share wisdom; love and knowledge to those follow my leadership. I will take responsibility for my actions towards my dreams and towards others. I cancel any negative activity in my inner circles, relationships, networks and friendships. I will not allow negativity to creep into my life; it has no place in my life.

GREATNESS LIES WITHIN ME...

I believe that I am great! I believe that I am great! I believe that I am great! There's greatness that lies within me. I choose to respond to my greatness. I will not take my talents, skills and abilities for granted. I can do anything I set my mind to do and nothing will stop me. Everything has already been given to me to live my absolute best life now. My life has not been easy; but I know I was created for a purpose to serve a purpose. I will not give up now; I will continue to pursue what's right to reap my reward. I don't care what you say or think about me. I believe that I still have a dream to live.

RENEW MY MIND...

My mind is the key to my success. My thoughts are the seeds to my ideas and my ideas are the seeds to my dreams. I will not neglect any idea that comes to my mind. I will make a choice to renew my mind every single day. I will think good thoughts and remain thankful for my life whether good or bad. I will renew my mind daily with positive and inspirational information. I will write down ideas that come to my mind and I will continue to dream no matter what situation or circumstances come my way. I am ready to take the next steps in life. I am ready to think good thoughts and I will ready to image and dream bigger than I ever thought because I am special, I am valuable and the world is in desperate need of my creativity.

#1 Be Still and KNOW... *confusion is the result of unstillness...*

KNOW He is God... He guides your intuitive thought and process. It also distributes energy and realigns emotional patterns backs to its distribution zones; expediting a full recovery. It also guides us into relaxation and reflection thus creating time to self that leads to better thought processes and decision-making abilities. The process of knowing thyself is to love thyself, the more time you spend with yourself, the more connected you'll become, thus igniting your dreams, aspirations for the benefit of humanity.

Regular visits or reflections with these intuitive doctors can promote clarity in your life.

#2 EAT TO LIVE... *let thy food be thy
medicine...*

The quality of food affects your bodies' production of energy, which affects your mental, emotional, spiritual, and physical state of being.

Your ability to eat to live – not live to eat allows the nutrients absorbed from food to keep the body strong and healthy.

*“Let diet be thy medicine” said
Hippocrates*

When you attach yourself with your DREAMS and goal; it creates a hope that gives you a hope... *Faith is the substance of things HOPED for.*

Let go of the garbage food and focus on real food that's compatible with the natural inner workings of the human body.

Hunger is a sign that you are nutrient deficient.

#3 Self-Talk... King David encouraged himself in the Lord...

Self-encouragement makes me happy! The Apostle Paul said, "No matter what I choose to be content." Self-encouragement is a healer, negative energy and emotions are released by default. You were meant to be the producer of VISIONS and DRAMS; meant to lead us to a life of fulfillment.

As a man thinketh so is he

Self-talk builds self-confidence.

God lives within you and gives you the courage to speak life in the midst of pain, adversity and tragedy.

Discover what makes you happy and move in that direction for a fulfilling and productive.

Repetition is persuasion... whatever you repeat the most; you'll believe.

#4 Movements... *energy spent is energy earned...*

Exercise allows you to enjoy life and aspiring greatness - staying fit and active is necessary. Exercise movements allow the body as a system of pumps to push energy through the body. Whatever you can do... Do it!

Walking.

Resistance training.

Any movement counts.

#5 Sleep like you Love It.

Your room should be cool and quiet

Cool –*The body needs cool for proper secretion of melatonin, which will then allow for proper secretion of growth hormone.*

Quiet – *noise will interfere your sleep cycles.*

If you have trouble falling asleep it might be best to try calming down and getting into a mindset of sleep before bed.

Take it easy on the fluids.

#6 No electromagnetic fields (EMFs)

EMFs disrupt the glands and production of melatonin and serotonin; keep them as far away from your bed as possible.

– keep the bedroom for sleeping and sex only.

EMF's are Silent Killers...

#7Make your room relaxing... *your room is
for sleep and sex only.*

Your bedroom should be a place of rest.
Keep your room clean and avoid creating a junk
collection area in your room.

Notes:

#8 Get it off your mind... *document your ideas...*

Always leave a note pad and pen by your bed: clear your mind of anything you need to do. Clear the mind by documenting your thoughts before bedtime.

Notes:

I AM...

I am a producer of good things.

I am a thinker of prosperous things.

I am loved in the eyes of Jesus.

I am a producer of love.

I am a producer of kindness.

I am a producer of generosity.

I am a love to my enemies.

I am a way maker for those in poverty.

I am an educator for the uneducated.

I am a help to those who are helpless.

I am hope to those who are hopeless.

I am a diversity bridge builder.

I am healthy and whole.

I am joyful and courageous.

I am a help in times of trouble.

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I am blessed beyond man's expectations.

I am strong and never weak.

I am more than my hater's say I am.

I am wealthy beyond money.

I am rich beyond riches.

I am a thoughtful...

I am a winner.

I am fearless driver of change.

I am the change I desire to see in the world.

I am a provider.

I am a leader.

I am unique in character.

I am patient.

I am self-disciplined.

I am graceful.

I am merciful.

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I am honorable.

I am above reproach.

I am built with God like Faith.

I am a seed of greatness.

I am greater than my struggle

I am a better person than I was yesterday

I am willing to renew my mind daily

I am worthy of my dreams.

I WILL...

I will change the way I think during hard times.

I will change my perspective of my situations.

I will never give up on my dreams and my goals.

I will fight the fight to keep my dreams alive.

I will never take small wins for granted.

I will honor others as it relates to my purpose.

I will always stay inspired.

I will be the change I want to see in the world.

I will not self-destruct.

I will think and stay positive.

I will always dream new dreams.

I will never dream small dreams.

I will obey God at all times.

I will never complain about what I can change.

I will provide opportunities for others.

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I will always protect those who protect me.

I will always check on those who check on me.

I will never be broke another day in my life.

I will remain focused and motivated for life.

I will maintain a positive outlook and mindset.

I will give a great effort at all times.

I will never compromise my values

I will provide opportunities for others...

I will grow my capacity for thinking Gods way.

I will provide for those who provide for me.

I will be rich and wealthy.

I will take care of my health and vitality.

ABOUT THE AUTHOR

Timothy V. Shockley Jr. is a Kansas City native who is an author, motivational speaker, entrepreneur, consultant and President and founder of Dream Worldwide Center and TSJ Global Company.

He has a passion to reach people of all walks of life. His aim is to see people maximize their leadership potential.

Tim Shockley Jr. had a life changing experience when he was denied acceptance into the University of Minnesota as a student athlete.

After some adversities in life he was able to overcome those adversities through discovering something much bigger. He found a relationship with God. He was able to look at his setbacks as motivation to move forward with his life.

Since then he has married the woman of his dreams, and helped give life to four beautiful children. He was also blessed to have a successful career in the Indoor Football League.

Doctor Future Hope

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