

Creating Your Ideal Life **Come Back to Center: Habit Installation**

There are two fundamental states in which you can be. **Open** (*excitatory*) or **closed** (*inhibitory*).* In the former you are open to possibility and fulfillment. You are in a state of learning. In the latter you notice only for dissatisfaction and what does not work.

The most important thing in being personally free is the ability to always operate from the Open position. At its simplest we call this state being Centered.

Using this simple guide, the related audios (***Elevator 1 & Elevator 4***) and a calendar or reminder system, you will begin near-instantly integrating the habit of being... Centered. Often and then always.

Terms to Know:

There are four parts to a habit. They are:

- **Cue:** Your reminder.
- **Routine:** Resetting, on your own or listening to the audio tracks.
- **Reward:** Being Centered, being yourself.
- **Exit:** Move on through your day Relaxed and Centered.

There are three dimensions necessary to effectively developing a habit. They are:

- **Duration:** The length of time you actively run habit.
- **Intensity:** The strength of the habit. How intense the experience.
- **Frequency:** How often you run the habit.

**The idea of the excitatory and inhibitory states was developed by Roye Frasier and taught to me by Dr. Joseph Riggio.*



Habit development is simple. You just need to actually practice so that your brain knows what habit you want it to develop.

So to keep it simple, follow the schedule. Once you've gone through all five days, do it again. After that, feel free to come up with your own variations. Use a calendar or scheduling system with alerts to support you in keeping to the schedule.

Day 1:

- Listen to ***Elevator 1*** once, preferably in the morning. Relax all the way.
- Set a reminder for 5 times throughout your day.
- Each time your reminder goes off, listen to ***Elevator 4***. Relax.

Day 2:

- Listen to ***Elevator 1*** once, preferably in the morning. Relax all the way.
- Look over your ***Top Category Worksheet*** PDF.
- Feel your connection to this future.
- Set a reminder for 5 times throughout your day. Each time your reminder goes off, listen to ***Elevator 4***. Relax. Look over your ***Top Category Worksheet*** PDF again for a few seconds.
- Go about whatever you were doing before the alarm.

Day 3:

- Set a reminder for 5 times throughout your day.
- Each time your reminder goes off, listen to ***Elevator 4***. Relax.
- Listen to ***Elevator 1*** right before any situation during your day where you want to be Centered and at your best. Breathe that Centered feeling into your thoughts about the situation to come. Feel yourself being Centered in it. Let go of it, and don't worry about results. Go back to the situation at hand.



Day 4:

- Set a reminder for 5 times throughout your day.
- Each time your reminder goes off, listen to ***Elevator 4***. Relax.
- Listen to ***Elevator 1*** right before another situation during your day where you want to be Centered and at your best. Breathe that Centered feeling into your thoughts about the situation to come. Feel yourself being Centered in it. Let go of it, and don't worry about results. Go back to the situation at hand.

Day 5:

- Listen to ***Elevator 1*** once, preferably in the morning. Relax all the way.
- Set a reminder for 5 times throughout your day.
- Each time your reminder goes off, listen to ***Elevator 4***. Relax.
- At any time during your day that you begin to feel off-balance, anxiety, or tension... Reset. Come back to Center.

