

1. Stop – Use your stop sign as a Pattern Interrupt



2. Is this serving me?  
Moving me toward my goals?  
Stopping me from moving forward?



3. Pivot  
Use your vision board  
Reverse Trigger Cycle

- Desired Results
- E Card
- Action
- Emotion
- Thought
- New Blueprint

I CAN

I WILL

I AM

- Old Trigger = Inconsequential

