



ICAN OVERCOME™

ICAN Neuro Tools

Introduction

- Set the Tone: I Am a Mindset Warrior
- Reprogramming: Creating Unshakable Confidence

Lesson 1: Elevate Your Core Self-Confidence to Feel Unstoppable

- Set the Tone: I Am a Mindset Warrior
- Reprogramming: Daily Dress Rehearsal
- Energy/Emotion: Finger Roll

Lesson 2: Live in Bliss

- Set the Tone: I Am a Mindset Warrior
- Reprogramming: Daily Dress Rehearsal
- Choice Point: Leave It
- Energy/Emotion: Mindfulness Bell

Lesson 3: Create and Implement a Plan to Create in Flow

- Set the Tone: I Am a Mindset Warrior
- Reprogramming: Daily Dress Rehearsal
- Choice Point: Crystal Ball (Short)
- Energy/Emotion: Finger Roll

Lesson 4: Discover Your Mindset, Emotions, and Action Blocks

- Set the Tone: Setting the Tone for My Ideal Day
- Reprogramming: Daily Dress Rehearsal
- Choice Point: Cutting the Cord
- Energy/Emotion: Finger Roll

Lesson 5: Origins and Impacts of Your Blocks

- Set the Tone: Setting the Tone for My Ideal Day
- Reprogramming: Daily Dress Rehearsal
- Choice Point: Bless & Release, Hot Coals, The Wall
- Energy/Emotion: Finger Roll

Lesson 6: Destinations, Consequences, and Choice Points

- Set the Tone: Setting the Tone for My Ideal Day
- Reprogramming: Daily Dress Rehearsal
- Choice Point: Crystal Ball, Leave it
- Energy/Emotion: Finger Roll (I Can, I Will, I Am, YES!)

Lesson 7: Desired Destination, Cause and Effect, and Choice Points

- Set the Tone: Setting the Tone for My Ideal Day
- Reprogramming: Daily Dress Rehearsal
- Choice Point: Light Body
- Energy/Emotion: Finger Roll (I Can, I Will, I Am, YES!)

Lesson 8: Optimizing Your Business

- Evaluate and tweak your ICAN Neuro Tools