



# ICAN Start Tool Guide

## Lesson 1

### Creating the Unshakable Confidence...

- Tool 1: Declaration
- Tool 2: Binaural Bombardment
- Tool 3: Crystal Ball
- Tool 4: Power Breathing

Completed

## Lesson 2

### Master Brain-Training Tools...

- Tool 5: Stars in the Sky
- Tool 6: Stretch Your Set Point
- Tool 7: Pattern Interrupt
- Tool 8: The Wall

Completed

## Lesson 3

### Goal Strategies

- Tool 9: Eraser
- Tool 10: Tapping Away Fear
- Tool 11: Dialing In
- Tool 12: Turning Up

Completed

## Lesson 4

### Ending Self Sabotage...

- Tool 13: Dialing In/Turning Up Combo
- Tool 14: Finger Roll
- Sensational Starts Playlist
- Tool 15: Power of 3

Completed

## Lesson 5

### Creating Laser Focus

- Tool 16: My Ideal Day
- Tool 17: Bless & Release
- Tool 18: You as a Magnet
- Tool 19: Hot Coals
- Tool 20: Sunshine Breathing

Completed

## Lesson 6

### Creating Momentum

- Tool 21: Super Brain Yoga
- Tool 22: Pushing Your Set Point
- Tool 23: Wonderstorming
- Tool 24: Anchor Past Success

Completed

## Lesson 7

### Expanding your Mental Set Point

- Tool 25: Mirror Love
- Tool 26: Conscious Choice
- Tool 27: Child in the Front Seat
- Tool 28: Molding Energy

Completed

## Lesson 8

### Getting Into the Flow

- Tool 29: The River
- Tool 30: The Summit

Completed