



Marked Changes Training

Psychological Reversal

Tap Karate Chop on side of hand point and say

I want to be

I can be

I will be

I am

I'm Ok

Tap under nose 20-30 times

Tap other hand and say

I want to feel even better

I can feel even better

I will feel even better

I am going to feel even better

I'm Ok

I'm more than Ok