

**MASTER YOUR
CHI**

氣

MAXIMIZE YOUR ENERGY AND IMPROVE YOUR LIFE IN 21 DAYS!

THE WORKBOOK

MASTER YOUR CHI WORKBOOK

This workbook belongs to:

MASTER YOUR CHI WORKBOOK

Week One, Day One – The Mental Diet

Day one Quote

“Today I will be Masterful and if any event, person or my own Ego, Emotions or Frustrations try and stop me. I will pause, take a breath and re-center myself and be Masterful from that point on.”

Today I took the following actions to make my day more positive:

Example: I practiced the driving meditation technique on my way to work.

I felt more relaxed, focused and productive because of that.

MASTER YOUR CHI WORKBOOK

Week One, Day Two – The Mental Diet

Day Two Quote

“Where the Mind goes, Energy Flows”

Today I took the following actions to make my day more positive:

Example: I had a worker at the store be rude and condescending to me
today. I took a breath and released my anger and was proud I chose
not to let the situation control me. I can't control what happens BUT
I CAN control how I respond to it.
