

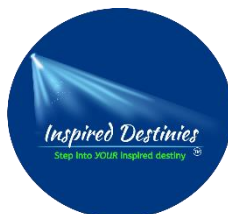
FUNK BUSTER™

Definition of a FUNK: a temporary state of lower vibration, mental anguish and “brain fog”, resulting in reduced energy, enthusiasm, effectiveness, productivity and DRIVE.

Funk Buster: a mental re-alignment tool to maximize energy flow and effectiveness, raise your vibe, and get you out of a FUNK more quickly

What you need to understand:

1. Funks are natural - we all get them. Everything has a rhythm, including you, that's the Law of Rhythm, one of the primary Universal Laws. The tides, the seasons, day and night, our own biorhythms – it's a part of existence. The important thing to know is it's a rhythm, SO THIS TOO WILL PASS!
2. Funks immediately hijack your conscious mind and put you in a BRAIN FOG, making it harder for you to see clearly and make good decisions.
3. When you are in a Funk you are usually telling yourself a story that is bringing down your vibration. You are spinning a negative story and it's almost always false.



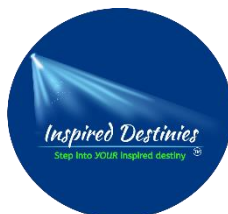
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How to BUST the FUNK: Have a plan!!!

Given you are in a brain fog, the best way to bust out of a funk is to have a pre-established plan so you don't even need to think (because you will not want to!).

First of all:

1. Name your funk!! Call it out and identify the story you are playing in your mind. Write it out in detail so it's OUT of you.
2. Ask yourself, and be honest, does your story really have any validity at all (usually not) in your current circumstances? If it does, make note of the issue – write it down and then put it aside for later.
3. Is your story getting in the way of you moving toward your goal? YES! Then you must BUST out of your FUNK using your plan!



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Here's your Plan:

1. Stop what you're doing and do something that raises your vibration.
For example, get on the phone with someone who energizes you, go to a movie or watch an episode of your favourite sitcom, get out in nature, take a break or nap, play an upbeat song and sing it at the top of your lungs, watch a motivational video, do a gratitude exercise, celebrate all that you are achieving ...CREATE YOUR OWN 'PLAYLIST" OF 5-7 THINGS THAT RAISE YOUR VIBRATION! (You need to have this list ready because you can't think when you're in a funk!)
2. Once you have shifted your vibe, using the Law of Polarity, identify the total opposite positive story to the one you have been spinning. Start imagining it and write it out in detail. Include
 - What you want to see happen, and
 - What wonderful new actions and results can you see happening in this imagined positive situation
3. Do one small action that will help you move forward towards your goal.
4. Celebrate the fantastic rise in your vibration and that YOU JUST TOOK CONTROL and BUSTED OUT of your FUNK!

