

THE TEN

Tools To Restore



Balance, Joy And Harmony To Your Life.
By Kim Martin Owner Fit2Drive School

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WHY I WROTE THIS BOOK

I'm not a Doctor,I'm a driving instructor,one that loves what he does and is passionate about helping you to drive safely and of course to get you through your driving test on the first time.

Over the years I've had many students who by their own admission or as I found out at some stage through our lessons suffered from stress and anxiety at differing levels.

Many have been medicated for these conditions.

What's inside is not medical advice and should not be construed as such, If you have severe anxiety and or other medical issues you should see an expert that specialises in the field of your problem .

Having said that there is nothing in what you'll read that can hurt you and plenty that can help. I will not quote the science behind each and every suggestion but if you decide to do your own research you'll find most if not all of the ideas that I present have plenty of evidence based research showing that the techniques will be of benefit,not only to yourself but your loved ones and help to show you how to become a little more calm,focused and able to "switch off"

This short book was written with the experience of 30 years of working in the health and fitness industry and having a deep interest in exercise and holistic practices such as meditation and yoga.Many of the ideas we see in the media today that are populised as being new or revolutionary in regards to exercise and dealing with mental health issues have been around for a lot longer than you think.

HOW TO USE THE BOOK AND THE FREE RESOURCES.

I love YouTube!

From music to free audio books that I can listen to while I'm driving and actually learn something new rather than listening to the drivel of talk back "shock jocks" to having access to a huge variety of different exercise classes as well as being able to listen to wonderfully relaxing and uplifting music to while doing Yoga or meditating, to informational and educational podcasts. YouTube is the positive side of the interweb. it's all here.

Just a few of my favorites are below:(If you enjoy their material don't forget to give them a thumbs up and or subscribe!)

Udemy.com-learn just about anything from experts.

The music of Jonathon Goldman-simply awesome stuff.

"FitnessBlender" Loads of free excellent workouts-from beginner to advanced!

"Bodyproject" see above. They have a paid version that costs next to nothing with lots of extras.

'Powerthoughts" meditation club for affirmations and relaxing yoga/study/mediation music.

'YouAreCreators" See above

Jordan Petersons podcasts. The Canadian professor of psychology makes for interesting listening.

Brendan Burchard a truly excellent podcast about peak performance habits-no fluff lots of excellent useful information

Free audio books! Just type into YouTube "audio books full length" You'll find a huge variety of fiction and nonfiction material.

Tapping Videos or "EFT" search "Brad Yates on YouTube

Meditation videos by Caroline McCready-They are awesome. One of the best voices to calm and soothe I have ever heard.

Many different sorts the "fall asleep" ones I find especially helpful.

For any health issues or complaints Google "Anthony William" "The Medical Medium" ,some excellent books about how to naturally heal your body and mind.

Dr Joe Dispenza-I'm currently listening to "Becoming Supernatural" An excellent book about becoming what you're truly capable of Free on Youtube

When using YouTube be specific. E.G Instead of typing into the search box "fitness workout" try instead "30 minute beginners yoga class"

USING THE IDEAS IN THE BOOK

The idea is not to feel that you "have to add something extra" to your day that may already be filled with lots of "things to do" but to rather make the practices part of something you do without thinking.

I will give you one "instant Idea" on how you can incorporate each of the suggestions in the book as you continue to read through you'll develop your own ways to make things work in your daily life.

Many of us are already overburdened with full schedules, work/school/homework/sports/ferrying children to and from commitments etc .We want to make our lives simpler not add complication.

You'll find that making time to go for a walk/meditate for 20-30 minutes/walk in sun etc is not as hard as you think and will dividends many times over. You could for instance listen to affirmations while going for a walk or riding a stationary bike in the gym or at home. You can easily combine one or two of the ideas in the book without doing anything "extra" to your day.

E.G: I listen to a motivational audio book/podcast while I'm doing a weights session in my home gym. While I'm driving I might do the same. There are no hard and fast rules except that you make a little time every day to nurture and look after yourself.

Read the ideas -allow yourself an open mind. As you go through this book you'll discover helpful tips that will benefit you physically, mentally and spiritually and help you to lessen your stress, increase your focus and give you more energy.

Kim Martin January 2022

Owner "fit2drive School

www.fit2driveschool.com

Our FB Page www.facebook.com/Fittodrive

Our Youtube channel with lots of free helpful videos:

http://www.youtube.com/channel/UCv7fBCdLq5ZQKkDptQm_gWw



Fit To Drive School

Just now · Edited · 🌐

In three years as an Instructor I have never had a student pass with 100% Until today.

Max score of 101 points possible for the test route. Sabine's score?

101

Thanks Sabine who overcame a really bad news start to the week and remained focused enough to not just pass but to put herself down as a true legend!



1. MOVEMENT

Walking/Yoga/Gym/Cycling /rowing etc.

The positive benefits of exercise and the impact it can have on your physical and mental/emotional health are proven(and awesome!)

My wife works with people that are elderly and some are over the 100 mark! We have discussions occasionally about the ones that are in their 80s 90s and beyond.

One of the most common traits of the people that are happy and healthy at that age is that they are physically and mentally active.

I simply could not do the type of work that I do, which can sometimes be very stressful without doing some form of exercise every day.

At 63 with an 13 year old daughter and a busy lifestyle this is what I do.

About 20-30 minutes of Yoga in the morning. At night time I will do some cardio or some weights or another short yoga session sometimes with my wife and daughter.

I incorporate into my weekly routine a few sessions of Cardio and few of weights and lots of Yoga -all up about 5-6 hours a week broken down into smaller sessions.

Going for a walk is a great stress reliever-if that all you can manage to do 3 or 4 days a week Great!

Yoga is a wonderful way to stretch and loosen up in the morning and unwind at night, weight bearing exercise is

essential for maintaining muscle mass especially as we age. Whatever type/s you choose exercise is vitally important, move your body.

Think:

Flexibility-both of body and mind-Yoga or some other form of stretching.

Muscle mass-we lose it as we age-weights or bodyweight exercises. Chinups/pushups/free squats all excellent if you are not able to access a gym(or don't want to pay)

Cardiovascular exercise-aerobic fitness-lots to choose from and you don't need to run marathons to keep healthy!

I have a good range of weights/punching bag etc all bought cheaply and used on a regular basis! I'll occasionally go to our local gym to access a sauna and pool but the exercise side of things is taken care of, no travelling, no crowds!

I am also fortunate to live close to the beach so walks and cold swims are also part of my programme.

I'll add that Yoga is a fantastic exercise and definitely one of my favorite ways to de stress after a hard day.



IF YOU HAVE NEVER EXERCISED BEFORE OR ARE JUST STARTING,
GOING FOR A WALK IS THE SIMPLEST, EASIEST AND LEAST
STRESSFUL WAY TO GET SOME EXERCISE. IT'S ALSO FREE!
START SMALL AND WORK YOUR WAY FROM THERE.

THE PAIN YOU FEEL TODAY WILL BE THE
STRENGTH YOU FEEL TOMORROW

PICO IYER

2. MEDITATION/MINDFULNESS PRACTICE

Anyone can meditate! If you can breathe you can meditate!

Whether it's sitting in a comfortable position or lying down or even going for a walk and focusing on your breathing (I like to inhale gently for the count of 5 and exhale for the same count-I can do this while driving -no I don't have my eyes closed!)

Sitting in a comfortable position you can inhale gently and then as you exhale you can repeat the word "release"- (Thanks to the Brendan Burchard podcast for that one.)

Meditation and focusing on the "here and now" -or "being present" can help to relieve stress, help you to feel relaxed, lower blood pressure and many other mental and physiological benefits.

There are many different meditative practices you can try. An easy way to start is with just closing your eyes and listening to some relaxing music in a quiet place while inhaling and exhaling through the nose taking deep breathes from the belly

For added ambience you could light a candle(not scented- these give off noxious fumes!) and have some incense or an oil burner with some relaxing oil such as lavender. You could also give yourself a positive affirmation such as "I send healing to(whatever area of your body you feel needs attention) Or "I am feeling calm ,relaxed and centered now." Initially if you're new to the practice your mind will tend to wonder, gently bring it back to where you are and keep focusing on the breath. Meditation works and can leave you feeling wonderfully refreshed. There is no "best" time to meditate and it can be done almost anywhere.



IF YOU'VE JUST COME HOME FROM A BUSY DAY OR YOU'VE JUST COMPLETED A TASK OR PROJECT THEN WHY NOT GIVE YOURSELF A BREAK OR "RESET" BEFORE MOVING ONTO THE THING THAT YOU HAVE TO DO. A SHORT MEDITATION/WALK/DEEP BREATHING SESSION CAN HELP YOU TO RE-SET BETWEEN TASKS

IN THE AGE OF CONSTANT MOVEMENT NOTHING IS MORE URGENT THAN SITTING STILL

3. AFFIRMATIONS/POSITIVE SELF TALK

You are never too old, too young, too clever or too rich to listen to and read affirmations or positive self talk.

We live in a media driven world, from all the 24 hours TV stations and current affair shows, the radio, newspapers etc it's hard to not be bombarded by thousands of messages a day and many of the messages conveying unless we:

- *Look like this*
- *Own that*
- *Dress like him/her*
- *Wear this/drive that/have a 6 pack then we're inadequate in some way.*

Essentially it seems everyone has an agenda for wanting to "sell" us something to make us look better/feel better/be more "attractive" etc. when there isn't anything wrong with us at all except the BS marketing message we listen too!

Youtube has some awesome affirmation tracks that you can listen to. Affirmations can be listened to at any time that suits you, if you read some of the feedback comments on some of these videos then you'll understand just how powerful affirmations can be.

Another idea is to write your own affirmations and record them. Having affirmations recorded in your own voice can add to their effectiveness. For example what a skilful driver you are and how coolly and calmly you respond to (insert whatever type of situation you are in and how you'll respond)

So can being positive help with anxiety and stress?

There have been studies that show that, on average, participants reported a noticeable decrease in their worry and experience of anxiety-related symptoms over the course of the study. Participants also reported an increase in their feelings of optimism.

You can write positive affirmations and put them in strategic areas that you'll see when you first get up/come home/wash/brush teeth etc.

You can listen to them before you start homework/as you exercise/before going for a drive. The only limit is your imagination.

Example of Positive Affirmations for Anxiety Relief

- *Life is awesome, and I trust the world to help me live a wonderful life.*
- *I am enough. I have all I need*
- *With every breath that I exhale, I release anxiety and tension.*
- *Each and every passing day, I feel more relaxed and calmer.*
- *I focus clearly on (whatever task you are doing-about to do).*
- *Just like before, I'll survive this situation.
I know I am capable of working this out*



POSITIVE ATTITUDES AREN'T A GUARANTEE OF SUCCESS. HOWEVER, HAVING A NEGATIVE ATTITUDE INCREASES THE CHANCES OF FAILURE. HAVING AFFIRMATIONS MAY HELP YOU INCREASE YOUR CHANCE OF A POSITIVE OUTCOME IN WHATEVER ENDEAVOR YOU UNDERTAKE

“YOU'RE BRAVER THAN YOU BELIEVE, AND STRONGER THAN YOU SEEM, AND SMARTER THAN YOU THINK.” ...

4. THE INCREDIBLE HEALING POWER OF GOOD NUTRITION

If you'd like to read about, or see what nutrition -not "diet" as in "I'll eat this for 6 weeks and lose x amount of weight" can actually do for you, then may I suggest you Google "Dr Terry Wahls and her bestselling book "The Wahls Protocol" and how she reversed her MS symptoms using food as medicine. The "Medical Medium" Anthony William has some fantastic books on the healing power of nutrition as well.

There are some truly an incredible stories on the internet both about the healing powers of correct nutrition and conversly about what long terms affects of a bad "diet" or SAD diet(Standard Australian Diet-highly processed nutrient poor food.)

To make a very long topic brief, changing your food intake(okay "diet"...) can in a very short space of time:

- Help reduce your risk of a chronic disease, or help lessen the symptoms if you already have one.
- Think, type 2 diabetes, eczema, depression, joint pains, arthritis, gout, thyroid issues, obesity, etc etc, the list goes on.
- It will help control high blood pressure
- Good nutrition will boost your bodies natural immunity-no more, or lessen the symptoms of cough, colds, flu etc
- It can help protect your memory and thinking as you age

The Amazon bookstore has lots of bestselling books about the power of good food and the incredible benefits that eating will give you.

Below a few of my favorite authors that I listen to on "Audible"

Dr Michael Ruscio

Dr David Perlmutter

Dr Daniel Amen

Dr Terry Wahls

Anthony William

There are many more that I listen to. While I'm driving I'll play a podcast or an audio book.(easy way to get educated!) I also subscribe to health orientated newsletters as well.

Do your own research and watch your health and vitality reach levels that will make you feel and look awesome.

Speaking of food, the food industry is no different from many other industries that will eventually be called to task for the unhealthy products that they promote!

(And no "Krispy Kreme" and "Coke" play no part in a "balanced lifestyle"!))

A few of my favorite supplements that I have used, I like to experiment with different products that I read about and the benefits that I may gain from using them.

Think of ways to eliminate processed foods, "junk food"- think sugar laded crap and replace with lots of fresh fruit and veges and good quality meats and fish.

"Green drinks" Think "Spiralina, "Supergreens" etc

CBD oil

Vit C

Probiotics

Multivitamin/mineral tablet/capsule

Fish or Krill oil

NAC

Resveratrol and Glutathione

Magnesium-read about the incredible benefits of this mineral!

Lions Mane and other mushroom products-some are great for inflammation and memory

Milk Thistle

St Johns wort

There are many, many more that are safe, effective and work as described to treat, help and enhance a healthy lifestyle.

As I have stated I am not a medical Doctor and please consult your Doctor before embarking on any supplementation program.

The ones I have mentioned are readily available at most health food shops with the exception of CBD oil.



SUPPLEMENTATION CAN PLAY A PART OF A HEALTHY LIFESTYLE-THERE ARE MANY GREAT PRODUCTS THAT INCORPORATE LOTS OF ESSENTIAL NUTRIENTS INTO A POWDERED FORM SUCH AS THE "SUPER GREENS" TYPE OF PRODUCTS. YOU SIMPLY PUT THIS INTO YOUR WATER BOTTLE AND DRINK THROUGHOUT THE DAY. AT A QUARTER OF THE PRICE OF A CUP OF TAKEWAY COFFEE IT'S A VERY WORTHWHILE INVESTMENT. THERE ARE OF COURSE MANY OTHER FANTASTIC

PRODUCTS OUT THERE TO ASSIST WITH YOUR HEALTH AND
WELLBEING-SUPPLEMENTATION HAS COME A LONG WAY!

THINK THOUGH, "GOOD FOOD FIRST"!

5. "EARTHING" AND BEING AMONGST NATURE

"Earthing" as referred to in the context of this book(also known as grounding) refers to contact with the Earth's surface electrons by walking barefoot outside or sitting, working, or sleeping indoors connected to conductive systems, some of them patented, that transfer the energy from the ground into the body.

I have had almost instantaneous results when feeling stressed by simply walking barefoot on the beach close to the water. Feelings of stress just seem to evaporate.

Nature is a wonderful healer and there can be a lot of peace found in going for a barefoot walk along the beach or going for a bushwalk amongst nature. Or simply a barefoot walk around your backyard. If your backyard doesn't allow this or is too small finding a park and walking barefoot on the grass for 10 minutes or so(early mornings work well for me) is the next best thing.

Getting away from the stressors of modern civilisation and finding a place where there are lots of trees/water/sand etc and being away from the noises associated with modern day living can be an experience that will help you to become calmer, more focused and leave you with a feeling of peace. That's why I love camping!

Living in a country where there is so much to see and do in the wilderness, making time for yourself to appreciate the wonderful healing effects of being in an amongst nature is a must for me.

Regular walks in nature have also shown to be as effective as some antidepressants-without the side effects.



THERE ARE ALSO MANY WEBSITES AS WELL AS YOUTUBE OF COURSE WHERE YOU CAN LISTEN TO A WHOLE HOST OF DIFFERENT SOUNDS FROM NATURE SUCH AS RAIN FALLING/THUNDER/STORMS/WAVES ETC. THEY CAN BE GREAT AS A RELAXING BACKGROUND TO READING AND STUDYING BUT NOTHING BEATS THE REAL THING. IF YOU'VE NEVER BEEN CAMPING PUT IT ON YOUR LIST OF THINGS TO TRY. THERE ARE NUMEROUS WEBSITES/FB PAGES ETC THAT WILL ALLOW YOU TO FIND A CAMPSITE AS MODERN(LOTS OF AMENITIES SHOPS, SHOWERS, TOILETS ETC) OR AS "BASIC"(NO SHOPS/SHOWERS/MODERN AMENITIES ETC) AS YOU WISH.

LOOK DEEP INTO NATURE, AND THEN YOU WILL UNDERSTAND EVERYTHING BETTER. -ALBERT EINSTEIN

6. HYPNOTHERAPY

There are many benefits that Hypnotherapy can provide. As of this writing I heard that it is part of a trial programme to help with IBS (Irritable bowel syndrome-it's called the "Nerva" app developed by Monash University). It can also be an effective tool for help in lessening anxiety, quitting smoking, weight loss, getting a better nights sleep, sports performance and many other applications.

Google defines Hypnotherapy as used for anxiety:

Hypnotherapy for anxiety can help boost feelings of confidence and self-belief while reducing feelings of fear and intense worry. It can help you develop the ability to access the relaxed state of mind needed to overcome the often-overwhelming emotions that come with anxiety.

I define hypnotherapy as simply helping your unconscious mind to bring about positive change. There is a huge amount of info out there as to what Hypnotherapy can and cannot do for you.

While your certainly don't need to spend hours reading up about it instead you may choose to take a dive straight in and yes it's very safe and you're not about to negatively change your behaviors or do anything that you wouldn't normally do!

I actually have created a free track for you at my website www.fit2driveschool.com under "Free Gift For Learners"

It was designed to help you feel more relaxed and focused while learning to drive, there are two versions one you can listen to while doing other activities and one that you need to

be somewhere that you can lie down or sit in a chair, it is not designed to be used while driving or doing anything other than relaxing.

Youtube has lots of excellent tracks simply type in: "Hypnotherapy for relaxation" or similar and give it a go.

You may want to try initially shorter sessions of 10-20 minutes or so while lying/sitting down in a quiet place where you won't be disturbed.

Remember that you can download free MP3 versions or video versions(using a free YouTube downloading tool) and put on your phone, giving you access to your favorite tracks anytime, anyplace.

If and when you feel that Hypnotherapy is helping you, then why not take a dive into tailoring your own suggestions/affirmations and recording them in your own voice?

You may find that this will add another dimension of effectiveness to your sessions.



CREATE IF YOU CAN, YOUR OWN "SACRED" OR SPECIAL PLACE. I FIND THAT HAVING AN AREA THAT I CAN GET AWAY FROM THE HUSTLE AND BUSTLE OF EVERYDAY LIVING AND JUST SIT IN STILLNESS, DO MY MEDITATION OR YOGA IS A REALLY GOOD WAY OF NURTURING YOURSELF. WE SEEM TO BE CONSTANTLY 'SWITCHED" ON WITH ALL THE DIFFERENT TYPES OF MEDIA TRYING TO PUSH THEIR VARIOUS AGENDAS.

CREATE AN AREA THAT'S YOURS, YOU COULD HAVE A SPECIAL PICTURE, AFFIRMATIONS, CANDLES, YOUR YOGA MAT ETC. IF THIS IS DIFFICULT THEN LET FAMILY MEMBERS KNOW THAT YOU'D REALLY APPRECIATE A LITTLE QUIET TIME FOR THE NEXT 30 MINUTES OR SO WHILE YOU DO YOUR MEDITATION, YOGA, LISTEN TO A RELAXING MUSIC OR HYPNOTHERAPY TRACK ETC.

“IN THE MIDST OF MOVEMENT AND CHAOS, KEEP STILLNESS INSIDE OF YOU.” DEEPAK CHOPRA

7. LISTENING TO MUSIC/AMBIENT SOUNDS

Listening to calming sounds, relaxing music, sounds of nature etc can help you to relax, unwind and have a beneficial effect on your mood and wellbeing.

I use various soundtracks from youtube for my Yoga sessions as well as meditation and background music as I'm reading.

You can simply Google "relaxing music" or "music for yoga" "music for study" "music for meditation" etc and you'll find lots of different tracks that you can try out and build your own playlist.

Various "sound frequencies" may also lower your stress level, and can help you to feel relaxed and focused.

Then we go into "subliminals" where you listen to music that has embedded positive suggestions, whilst you cannot actually hear what the words being spoken(These tracks of music generally have a playlist of what the actual suggestions are in the comment section) that are picked up by the subconscious mind. Subliminal suggestions can be tailored to fit whatever area of your life you may feel needs a little help. Weight loss/stop smoking/self confidence etc.

Do they work? again simply go to YouTube and type in "subliminal suggestions" and see what comes up and try them out for yourself.

Never be afraid to try out new ideas, some will work and some may not.

I try to read or listen to at least one book a month by somebody whose story sounds interesting about a new idea

or concept that I can use in some to enhance my life spiritually, mentally or physically.

As I am writing this I'm listening to a track entitled " 432 Hz Healing Music - Nikola Tesla 3 6 9 Code Music for Deep Healing"

It's a wonderfully piece of relaxing music that I find very soothing and calming.

Some key phrases that you can Google that you can use to explore a little more:

Binaural beats

Subliminal affirmations

Brainwave frequencies to lower stress

There are also websites that play a wide variety of nature sounds such as thunderstorms, fire, wind, rain. waves etc and allow you to mix your own compilation.



“ALL TRUTH PASSES THROUGH THREE STAGES: FIRST, IT IS RIDICULED. SECOND, IT IS VIOLENTLY OPPOSED. THIRD, IT IS ACCEPTED AS SELF-EVIDENT.”

ARTHUR SCHOPENHAUER

8. "READING AND "UPSKILLING" - NEVER STOP BEING CURIOUS!

Wow! I could tell so many personal stories about this topic and how doing various online courses, reading and listening to audio material on my favorite topics has been of benefit to myself my wonderful customers and my family ! However the point is here to make reading and trying new experiences part of your life.

I have had thousands of students from all walks of life over the years that I have been an instructor in both the fitness industry and as a driving instructor and I have been able to talk with them on just about any subject that came up in conversation during our lessons/sessions/training -thanks to my love of reading.

I have read many thousands of books and while I don't devour fiction near as much as I used to, I still try to read or listen to at least 1-2 books a month. on various subjects that interest me

Such as books on alternative medicine/health and psychology/spirituality/natural therapy hacks and cures etc etc Reading gives you access to the experience of what other people have done how they've succeeded and what obstacles/challenges they have had to overcome along the way. It gives you the ability to implement strategies in your life that can help you :

- *Get a job*
- *Increase your income*
- *Get fitter/lose weight/get "abs"*
- *Learn how to relax/de-stress*

- *Increase your value to other people think employers*

Again, Youtube has a great range of free audio books on all the above topics and thousands more.

One of my part time jobs as a courtesy bus driver was given to me because the person who hired me saw that I was a driving instructor, (the extra skills I had) This was during a period of when I was building up my business and needed another source of income to help support my family until things took off.

The thing is, many people "read" and Listen" but often it's to the wrong material.

Garbage TV shows, the news, gossipy magazines etc will do to your mind what a junk food diet will do to your body-age it faster and make you feel depressed!

I once heard a saying "You can go to the ends of the earth with a good book and an armchair"-You can and you'll have a ball!

Getting engrossed in a good book for an hour or two is a wonderful way to relax, whether you enjoy reading on a kindle or reading the actual "real book"

Libraries have free eBooks you can download, so do many websites. I like to alternate between a Kindle and having the feeling of a "real book" in my hands



You can listen to an audio book while driving/exercising/relaxing/walking/etc etc. It's an easy way to make productive use of your time without doing anything "extra" Just make sure that whatever you're doing you can do safely while listening!

WHENEVER YOU READ A GOOD BOOK,
SOMEWHERE IN THE WORLD A DOOR OPENS TO
ALLOW IN MORE LIGHT.

VERA NAZARIAN

9. EFT EMOTIONAL FREEDOM TECHNIQUE OR "TAPPING"

I love this technique it's quick, it's easy to do and you can do it sitting just about anywhere and it can have immediate results.

Judging by some of the comments I've seen on "Brad Yates" YouTube channel it can also be a tool for lasting change.

So what is EFT? I have referenced [Healthline.com](https://www.healthline.com) to give you a clear understanding of how this works and how it can benefit you. How does EFT tapping work?

Similar to acupuncture, EFT focuses on the meridian points — or energy hot spots — to restore balance to your body's energy. It's believed that restoring this energy balance can relieve symptoms a negative experience or emotion may have caused.

Based on Chinese medicine, meridian points are thought of as areas of the body energy flows through. These pathways help balance energy flow to maintain your health. Any imbalance can influence disease or sickness.

Acupuncture uses needles to apply pressure to these energy points. EFT uses fingertip tapping to apply pressure.

Proponents say the tapping helps you access your body's energy and send signals to the part of the brain that controls stress. They claim that stimulating the meridian points through EFT tapping can reduce the stress or negative emotion you feel from your issue, ultimately restoring balance to your disrupted energy.



Like many of these techniques it's simple, easy to do and there are many free resources. I have been doing tapping just before my morning Yoga session. It's very simple to do there is no real skill level involved by watching and following along to a video. Use the technique for a month or so, perhaps before a driving test-you could a confidence tapping sequence)Allow yourself to believe that you are achieving whatever desired outcome that you're looking for. Once you get the hang of Tapping try creating your own personalised Tapping dialogue.

**“SECURITY IS MOSTLY A SUPERSTITION. LIFE IS EITHER A DARING ADVENTURE OR NOTHING.”
HELEN KELLER**

10. JOURNALING

Journaling can be your private place or sanctuary that you write about anything or many things that are on your mind, take your interest or allow share your innermost thoughts on paper.

Amongst other ideas journaling can help you to:

- *Gain clarity*
- *Find a purpose*
- *Express gratitude*
- *Express yourself without fear of retribution*
- *Write down goals*

Just make sure that you keep your journal secure if you're going to have a good rant about your boss or the shortcomings of your partner or siblings!

When journaling there is no need to correct spelling errors or even re-read what you've written-unless you want to.

I have used journaling at various stages of my life to set my goals, chart down food, exercise and vitamin intake and give thanks every day for all the blessings that I have in my life, the last one, writing down thought of gratitude, I do every day at around 6.30pm.

I find reflecting on the many things in my life that I am fortunate to have such as my family, the food I eat, the work I am able to do and other seemingly "small" things that I would otherwise take for granted keeps me grounded and

grateful for what I have rather than what I don't have !

When you journal there is no need to over think or edit. As you practice you'll find that words will just flow, you won't need to feel "should I/could I/ have written that a little better"

Whatever you write at the time will be right for you.

You'll find the more you journal the less you'll have the need to second guess or question what you've written.

I find a pen and paper far more tactile than using a keyboard to write things down, however you do whatever you feel is right at the time for you.

Like anything don't over think or try too hard to come up with thoughts- just start.

Pick up a pen, or use your laptop/phone etc and let your thoughts out, on paper or in a digital format. Just do it.

In time you may find that ideas and solutions to problems start to come to you a lot easier rather than over analysing or letting problems, situations or negative thoughts stew over in your head!

I'll also carry a notebook with me throughout the day and keep a notebook or my journaling diary next to my bed. If I happen to get any ideas, "aaah ha" moments or just stop and write down something interesting or worth looking into from a podcast I've been listening to.

Journaling is next to free! and don't forget you don't need to over think, be critical of yourself or your writing skills, correct spelling, or justify your ideas or thoughts to anyone.

It can be done at anytime, anywhere although setting aside a 10-15 minutes where you can be alone and won't be disturbed works best for me.

Unless you want to share your private moments of contemplation or innermost thoughts remember to keep your journal safe and private!



Writing after meditation or exercise is another idea you may want to try, along with being out in nature you may find you'll gain ideas and inspiration more readily.

"I CAN SHAKE OFF EVERYTHING AS I WRITE; MY SORROWS DISAPPEAR, MY COURAGE IS REBORN."

ANNE FRANK

**THANK YOU! FOR READING THIS BOOK I HOPE YOU'VE ENJOYED IT-
FEEL FREE TO SHARE IT AROUND. PAX VOBISCUM**

ABOUT THE AUTHOR



My Background:

Marketing manager and sales trainer for a NSW fitness centre, I become interested in teaching people to drive after one of our customers from the gym who was a driving instructor told me about his experiences.

I'd been looking for a change working away from sitting in front of a computer and being in an indoor environment while still being my own "boss" and at the same time doing something that I felt was both rewarding, fulfilling and allowing me to spend more time with my then (now 8 how time flies!) 3 year old daughter.

I Believe-or "what works for me"- Taken from my Book

"27 Ways To Get More Leads More Sales And More Repeat Business For Your Driving School"

Staying fit, I do some form of exercise on a daily basis. I incorporate at least some form of cardio, stretching and weight bearing exercise into my sessions over the week.

I read daily on some form of literature that will in some way benefit me and I meditate. The hour or so a day I put into these activities has repaid me a thousand fold in benefits.

I Have:

Along with my telemarketing team run some of the largest most successful fitness marketing promotions for gyms in Australia- Author of "Fitness Marketing Strategies"

www.fitnessmarketingstrategies.com Our campaigns have generated over 22 .5 million dollars in sales for our customers. Using the same tools and strategies that enabled me to achieve this I'll also give you access to my marketing toolbox to run your own successful driving school business.

- Created a number of different fitness products. www.powercardiosecrets.com & www.workoutoftheweek.com

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- "Expert Author" status at one of the webs biggest article resource sites www.ezinearticles.com
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- Author and creator of “How To Pass Your P Plate Test First Time” www.passyourdrivingtestfirsttime.com
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- Been a sales and telemarketing trainer within the fitness industry.
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- On September 1st 2012 I received my Certificate 4 in Transport and Logistics (Road Transport Driving Instruction TL141210) 3 years on I've built a successful business that I have a lot of fun and enjoyment running.
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- Hold Certificate 1V in Business sales BSB40610 as well as being a qualified Personal trainer, Yoga instructor and strength and conditioning coach.(all certification on file and available to view
-

- Committed to ongoing learning and personal and professional development. I have also completed Cert 4 in “Training and Assessment”
-

Founded ADISA-"Australian Driving Instructors Service Association"

www.becomeadrivingtutor.com

OTHER BOOKS BY KIM MARTIN

"Fitness Marketing Strategies" How To Gain More Leads, More Sales & More Referrals For Your Fitness Business" www.fitnessmarketingstrategies.com

"HOW TO PASS YOUR P PLATE TEST FIRST TIME"

"The Complete Guide On Everything You Need To Do On Test Day About How To Avoid Fail/ Instant Fail Items & Pass FIRST TIME" Includes Book, DVD and CD-**Victoria and NSW test procedures** www.passyourdrivingtestfirsttime.com

"27 Low Cost Or No Cost Ways To Get More leads, More Sales And More Repeat Customers For Your Driving School Business"

If you're a current or a brand new instructor looking to increase your income then this book will give you not only the ideas but exact examples of what I did to build my business from scratch, earning me an excellent income while allowing me the freedom to work the hours that I wanted to.

If you're a current instructor working with a large company but are unhappy with your income and want more freedom, then see the above! Or if you want to start your own driving school business then this will prove an invaluable guide.

You'll have access to the dozens of income generating ideas about how and where to advertise, examples of ads and ideas. I'll let you legally "steal" all my articles that I've created as well as all my "lesson planner sheets" as well as a plethora of other material that I've created over 5 years, saving you hundreds of hours of time and thousands of dollars! I'll show

you how to make your lessons more enjoyable for both yourself and your students and how to continue to generate more leads, more referrals and more sales. Guaranteed!

www.becomeadrivingtutor.com

