

## POCKET MARTIAL ARTIST CHECKLIST

- Visualize: The samurai would imagine an entire fight sequence in their mind before entering into the battle. See the ending in advance- mentally create the outcome you want to achieve
- Zan Shin: Remaining mind. The art of seeing a task through until it is completely finished
- Distance: Fighters back away from their opponents in order to see an opening in which to score a point or win a battle. If you cannot find the solution or answer to a problem, create distance from it so that you have the ability to see the whole picture
- Trust your gut: Our instincts are not capable of being wrong
- Power of decision: It takes the snap of the fingers to create a new decision about something in life that doesn't serve you. Once you do, the universe will conspire to bring you all the pieces to make it a reality
- Book your 30 minute breakthrough call!



<https://calendly.com/debbie-27/45min>

