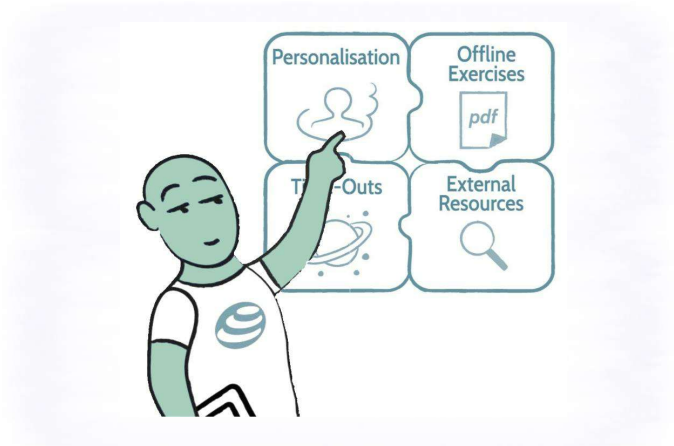


How to Use It All

Recordings, personalisation options, self-help exercises, external links and resources...

How does it all work together???

And what if I just want to sit back and listen???



Step In However Suits You Best

Everything in the world of ThinkWell-LiveWell is crafted with your real needs in mind: so, who are you, and how much control do you want to have?

The more that you feel you're in control, the more accepting your subconscious will be!



New to all of this?

Want to dive right in and test the water? Then all you have to do is register, answer the basics, accept the defaults - and press 'play'!



Ready to take a little control?

Investigate the personalisation options, see what works for you; check out the offline self-help exercises and the 'Time Outs'.



Already on a path of self-development?

There's so much here for you through immersion in our 'Well in Spirit' recordings and offline materials.

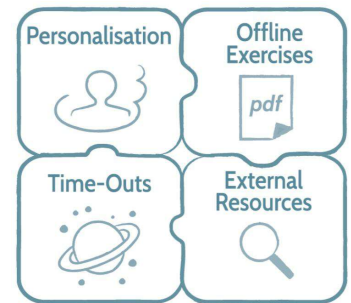
There is no 'wrong way' to do things and you will start to feel benefit almost immediately, no matter how you use your ThinkWell-LiveWell resources.

It's all in your hands - on the next page we offer a suggested 'first few days' just to illustrate how the pieces are intended to fit together.

In Your Own Time

It's all in your hands - but here's a theoretical first week of using a ThinkWell-LiveWell 'Well in Body' or 'Well in Mind' programme!*

**Well in Spirit' programmes/meditations are 'freestyle'*



Day 1



Personalise

Personalisation is one of the most powerful features of your programme. You've registered, you've taken the 'Sensory Preference' quiz - why not take a few minutes more to experiment with Ways In, Music, Timings?



Start Measuring

Before and after your sessions you'll be asked for self-measurements. You can use your measurement history to see how you're progressing and to judge whether to make changes. This puts you in control of your process!

Day 2



Ask Yourself Some Questions

As well as listening to your session, you might like to see what the first set of **offline self-help exercises** is all about. There are four sets of exercises in total - you might want to read them through first, one per day, before getting 'stuck in'!

Day 3



See What the Experts Are Saying

Maybe you don't want just to wait for your daily session? We have a growing library of articles and clips from credible **external resources**. They're not just interesting - they help to embed the messages and learnings of your sessions.

Day 4



Keep Things Fresh, Add a New Dimension

It doesn't have to be just about one message, one way of addressing things. Your subconscious likes surprises and it absolutely loves abstraction and metaphor. So the supplementary '**Time Out**' programmes we recommend add to your process!

Day 7



Take Full Control!

You have three weeks of a one-month subscription to go - and you've probably heard that it takes 21 days to embed a new habit. Now you know just how to use all of your ThinkWell-LiveWell features to get there!