

Move On Quick Reference Sheet

Session 1

Tune In

Reconnect

- Pick an issue, assess your confidence level on a scale 1-10.

I EXPLORE **three** times.

I ZOOM IN **twice**

I FOCUS **once**

- Find a symbol for what you found and make a note or a drawing.

Reconnect

■ I AM

■ I KNOW

■ I TRUST

■ I CHOOSE

■ I BELONG

Tune Out

- Remember your symbol.

- Examine what happened to it in the process.

- Return to the original issue you picked.

- Examine what happened to this issue.

- Reassess your confidence level 1-10.

- Envision your future regarding this issue.

- Leave the room, rest, relax and drink water.

Session 2

Tune In

Reconnect

Release

I RELEASE THE PAST

I RELEASE THE FUTURE

I RELEASE THE MATRIX

I RELEASE MY SELF

I RELEASE MY ESSENCE

Tune Out

Session 3

Tune In

Reconnect

Release

Restart

I MOVE ON

I ENTER THE NEW

I CONNECT

I LEARN

I CONCEIVE

I SHAPE

Tune Out

Time Out

If you need a break you can switch anytime to Time Out

I BREATHE

I REST

I AM HERE



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