

The 5 ultimate mindset hacks

An easy
approach
on an
unlimited
mind
potential

athley



Thank you for ordering this E-Book on 5 ultimate mindset hacks.

With this ebook we want to provide you with tools to ease the mind and nervous system. And live a more grounded, clarified and happy life.

This E-book is built on five topics divided into five chapters.

In chapter one we try to address the importance of your own mindset and energy field. We give you a quick insight on how we send and attract energy, and what it does with our bodies.

In chapter 2 we give you tools to explore yourself. To get to know yourself a little bit better. Because we can only grow if we know where we stand today.

Chapter 3 is a chapter focussed on breathing and stress release. What can we do to ease ourselves? There is a lot we can fix, just with our breath. I'll be amazed what your body can resolve with her own tools. There are several exercises which you can do any time, anywhere.

Chapter 4 is all about journaling. We provide journal exercises to release stress and deal with emotions. But also practical exercises to help you plan your day and life in a more simple way. Because we cannot perform or be at ease when our heads are full. Find out more and choose which exercises will help you get more relaxed, calm and centered.

In the final chapter we share some meditation practices for any level. Just try which practice suits you best. Try to stick to the practise you like for at least 21 days to notice change and the best results.

Thanks again for ordering our E-book.

You can join our platform for more info, inspiration and programs on the Body, the Mind and Soul.

Love,
Anna

Founder of Athley

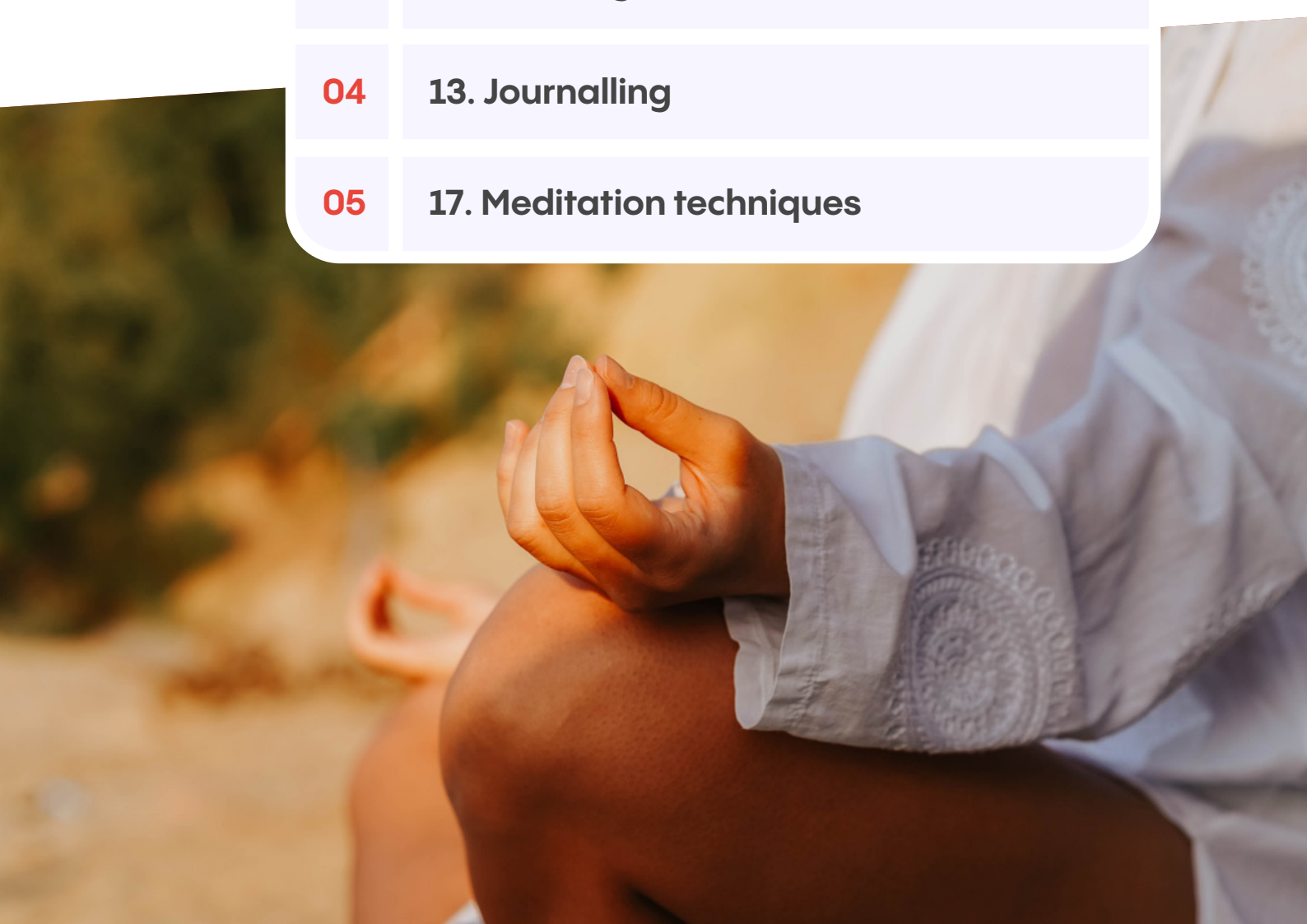
Disclaimer

If you have severe depression or any mental issue please notice, this is not a replacement for professional help. This Ebook is here to give you tools to take with you and adapt in your daily life. If you have mental problems, please find professional help by seeking a doctor.

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Awareness on the impact of emotions

How do emotions impact our health?

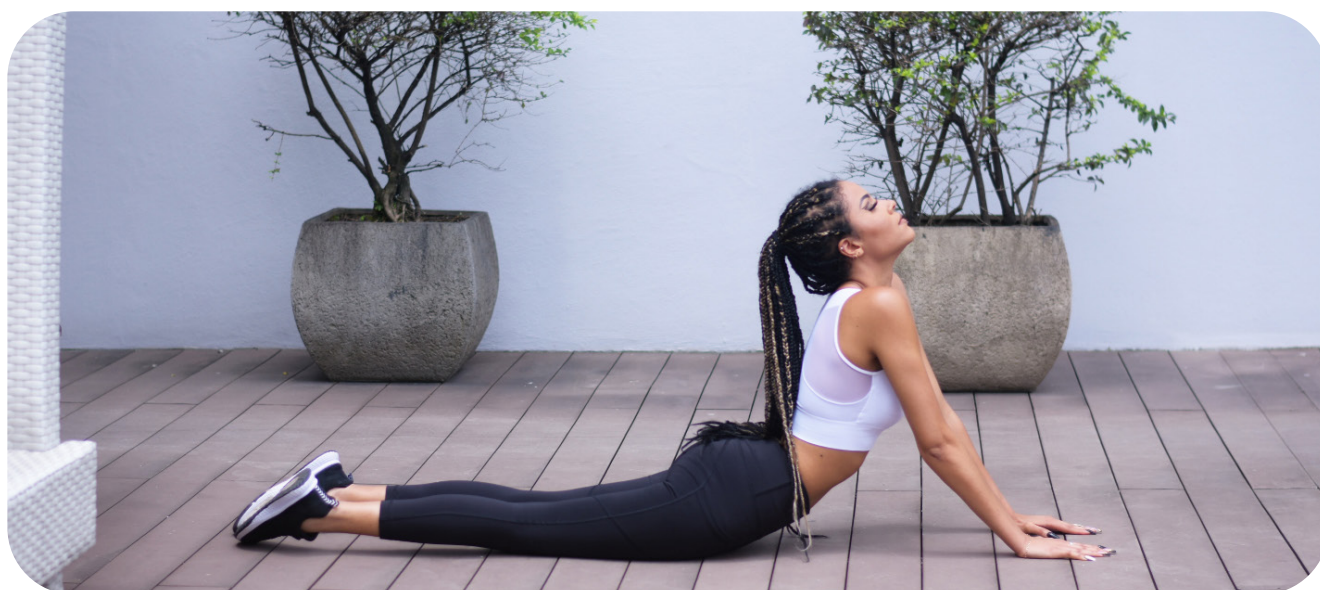
We all experience anxiety, stress, insecurity and lots of other overwhelming emotions during our lives even during a day. It's super important to handle these emotions in a healthy way. If not, we can make ourselves very sick. Mentally but also physically.

Several studies have shown how our body and mind are connected. Maybe you have heard about the brain and gut connection? Or the brain and heart coherence?

Brain and gut connection

What is a brain and gut connection? The gut-brain axis (GBA) consists of bidirectional communication between the central and the enteric nervous system, linking emotional and cognitive centers of the brain with peripheral intestinal functions.

What basically means that the way we feel impacts how we digest our food and therefore how much we benefit from what we eat. If our intestinal functions don't work properly we take a risk in getting lots of different diseases.



Brain and heart coherency

What is brain and heart coherence? Coherence is when your brain works with your heart and body. It is a state of unity between your mind, body, and spirit. This state of harmony allows you to be more present and aware. When you are in a state of coherence, your body can heal itself and function at its optimal level.

There are many benefits to being in a state of coherence, including:

- **Increased creativity**
- **Improved decision-making**
- **Greater clarity of thought**
- **Improved emotional stability**
- **Increased physical energy**
- **Reduced stress levels**
- **Improved sleep quality**

Brain and heart coherence can be defined as a state in which the brain and heart work together efficiently. This occurs when the heart's electrical activity syncs with the brainwaves.

The vibrational frequency of emotions in our cells

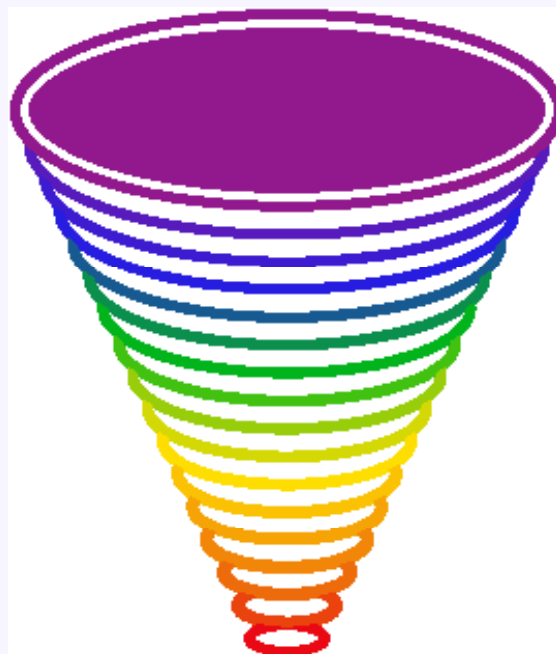
Every cell is compromised of energy. Emotions have voltage. The vibrational frequencies of emotions are on a vertical dimension of contraction and expansion relative to the vibrational voltage of a particular emotion. Emotions resonate with the vibrational frequency that they generate. The higher the vibrational frequency, then the higher the expansion, and the greater the life force in your cells. The lower the vibrational frequency, then the greater the contraction, and the lesser of life force in your cells.

If we look at the type of emotions we have and the frequency of our body we learn that certain emotions higher our frequency and certain emotions lower our frequency. So literally, your body changes when you feel different things.

For example, Enlightenment has the highest frequency of 700+ Hz and the greatest expansion of energy. The vibrational frequency of joy is 540 Hz and is expansive. The vibrational frequency of anger is 150 Hz and falls to contraction.

If you look at the chart below you see how emotions impact our physical state.

Hz		
700+	Enlightenment	Higher Frequency
600	Peace	
540	Joy	
500	Love	
400	Reason	
350	Acceptance	
310	Willingness	
250	Neutrality	
200	Courage	
175	Pride	
150	Anger	
125	Desire	
100	Fear	
75	Grief	
50	Apathy	
30	Guilt	
20	Shame	
		Lower Frequency



Having explained how emotions impact your body, we believe it's very important that we teach you how to handle your emotions. Especially the emotions that lower your frequency.

Identify your triggers

#Become brave enough to wonder

We all have trigger points, which reveals a deep and open wound laying there under the surface to surprise you, most of the time in moments you would rather keep them hiding in the dark. Keeping these wounds, we call it unresolved trauma's, is even worse. Because they won't stop until you face them. And, the longer you keep them hidden in the dark the harder it is to hear, understand and then solve them.

So, become brave enough to wonder.. What is going on? Why do I feel the way I feel?

To do so we have a first hack for you called Identify your triggers.

This part is not about resolving anything yet. It is just acknowledging what is. By seeing we can later understand. **So first things first, answer these questions;**

Fill in the answers of these questions in your notebook, or the blocks below. Come back to this exercise anytime you notice you were triggered. By identifying your trigger you come to understand them. And by understanding your trigger you can honor them. By honoring them you can resolve them.

EXERCISE

1) What is the trigger?

This can be anything. From a song, a scent to a moment of interaction with a person. For example, when someone doesn't look at you when you have a conversation. Or when someone raises their voice to you. Or when you can't control a certain situation.

2) What do you feel when you experience this trigger?

When someone raises their voice to you: I feel hurt, I have the feeling I'm not appreciated. I block, I can't speak any more and I feel a pain arising on my chest. I feel unsafe and unseen.

3) How do I run from this feeling?

[What do you do to not face the feeling?]

In my example, I can start cleaning, cooking, scrolling through social media or I can focus on someone else's problems.

Breathing

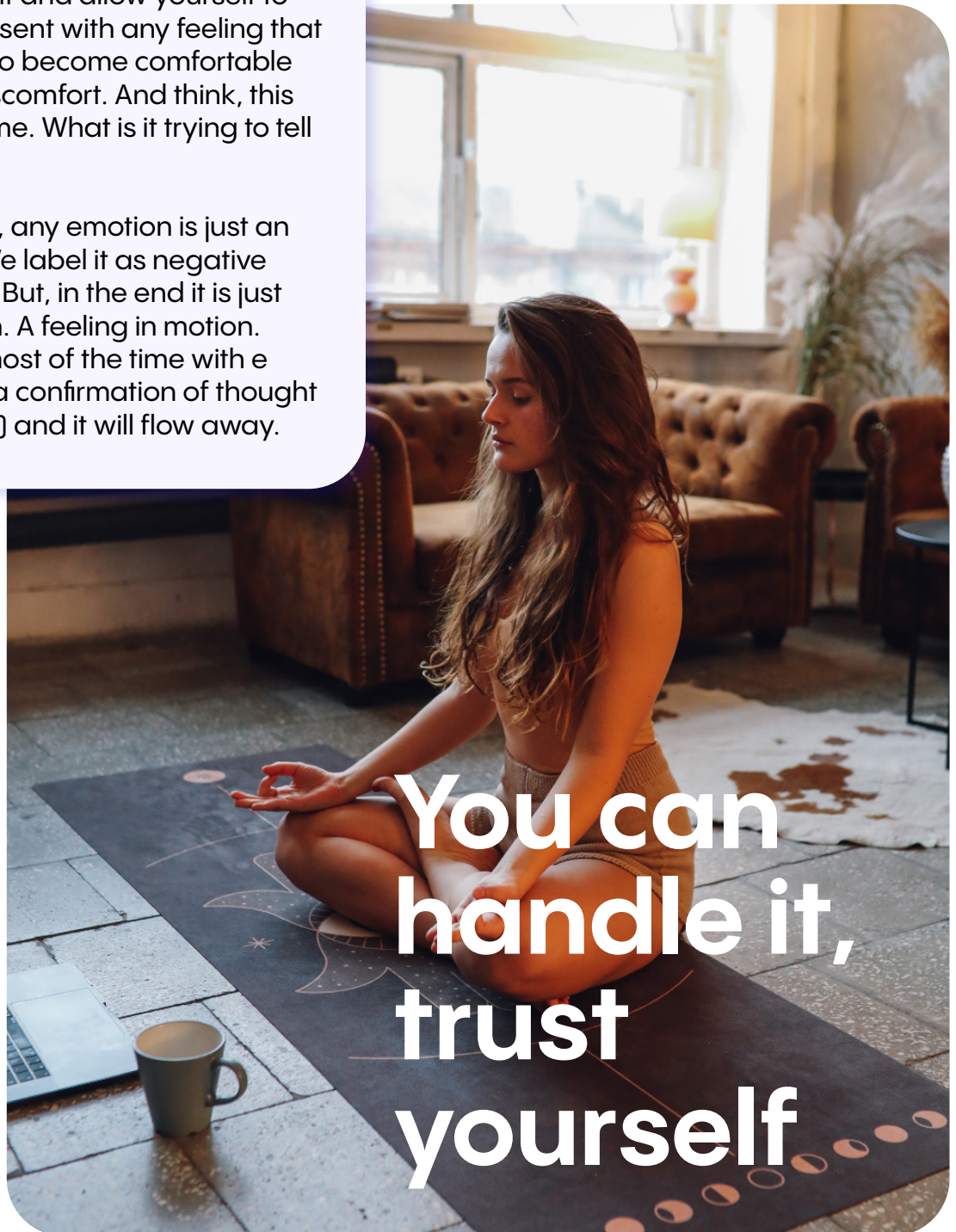
Our life force is also our life source.
We can heal a lot through breathing.
We can literally transform through
breathing.

In this chapter we are going to give
you some tools to use your breath to
help you ease when you feel stressed,
experience a lot of anxiety or any
similar type of emotion.

A breathing practice can bring up a lot of difficult or unwanted emotions. Stay present, welcome those feelings.

Sit down and breathe in deeply, be fully present and allow yourself to be fully present with any feeling that arises. Try to become comfortable with the discomfort. And think, this is here for me. What is it trying to tell me?

Remember, any emotion is just an emotion. We label it as negative or positive. But, in the end it is just an emotion. A feeling in motion. It comes (most of the time with e lessons or a confirmation of thought or situation) and it will flow away.



This is a mouth breath exercise. Normally we breathe via our nose. This is absolutely the most healthy way to breathe. However, to release tension we need oxygen. And by breathing through our mouth we can attract more oxygen. If breathing to your mouth is too heavy for any reason. Please do this exercise via your nose.

Breathe in through your mouth and make a round shape of your lips. Visualize breathing into the lower part of your belly.

Exhale through your mouth, release any tension and relax your lips.

Repeat this cycle for at least 10 times.

Then start expanding your breath

Breathe into your mouth and again, make a round shape of your lips. Visualize breathing into the lower part of your belly and then into your lungs.

Exhale through your mouth, release any tension and relax your lips.

Repeat this cycle for at least 10 times.

Inhale again and breathe into the parts where you feel the emotions, for example in your belly, the low pelvic area or on your chest. Visualize a light entering that part of your body.

On the exhale, visualize your body releasing energy. On the final exhale, maybe you want to physically move / shake your body.

By releasing energy, you do not hold it into your body. You do not store it in your body. This is really, really important. Holding on to emotions, thoughts or any type of energy can result into a feeling of resentment, guilt, anger or grief. Which can result into illnesses in the long run.

After your breathing exercise, hold yourself, wrap your arms around your body and say the following sentences; "It's safe", "You are not alone", "I've got you".

EXERCISE

This exercise can be done anywhere at any moment. It is a quick breathing exercise to reconnect with yourself. And acknowledge the feelings. Acknowledging feelings help prevent storing emotions in the body. By breathing through the emotions you make space in your body. Also, it helps relax the nervous system which is very important to make sure you physically don't stay in a stress mode.

**Breathe in through your mouth for two seconds,
breathing in to the feeling**

Hold your breath for two seconds

Exhale for two seconds

Hold your breath for two seconds

Repeat this breathing cycle for at least 10 times.

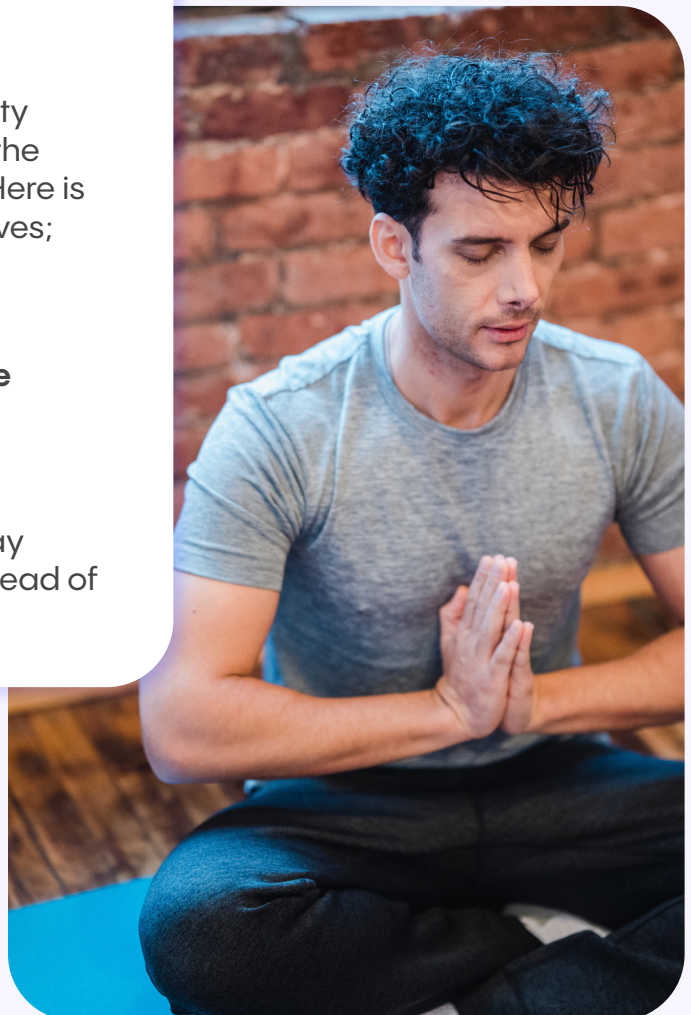
EXERCISE

Reconnect with your breath

When you experience a sudden overwhelming feeling of stress or anxiety and you do not feel comfortable to do the breathing exercise mentioned above. Here is a quick hack to help you calm your nerves;

Breathe into your nose for two strokes. Breathe out in one stroke via your mouth.

By focusing on your breathing in this way your mind focuses on the breathing instead of the "drama" it is an old trick to ease.



Journalling

I truly believe that journaling is an absolute life hack. In chapter two I've tried to explain the tool identifying your triggers. Which helps you understand yourself a little bit better. Besides that, journaling can give clarity to your day. It can raise your frequency but also, it can be a safe tool to write off your thoughts and emotions.

In this chapter I'm going to address an easy daily practice and a practice that can help you when times can be rough and you feel overwhelmed.

Daily practise, by daily planning

Today we are all busy trying to get as much as we can out of our day. Forgetting to value what we have been doing. Every morning we step in the rat race, trying to keep up. Almost always forgetting to appreciate what we have done throughout the day. We are reward seeking, likeability addicts that never ever give ourselves the credits for what we do in a day. Stop this now. And start this;

EXERCISE

Every morning when you start your (working) day evaluate. Evaluate what you want to achieve. Name 3 things (5 tops) that you are going to do that day. No more. You can divide this list in 2. Mark your to do with time frames. And leave some free time. It can always be that you need to adjust, or that something comes up.

Starting your day with a clear intention of what you want to do helps to give you directions and a feeling of fulfillment during the day.

Work	Private
1 hour email follow up	1 hour full body gym session
2 hours sales block reaching out to 5 new companies	0.5 hour vacuum cleaning the house
2 hours hours writing one chapter of my new program	1 hour long walk with the dog

Total of 8.5, most of us have an average of 16 hours where we are awake. So with 8 / 9 hours spent we still have room left for cooking, dinner, watching television, reading a book, meditating, pick up something that came up or that was left during the day or meet a friend or family member!

Braindump

Sometimes we have too much on our plate. If this happens we cannot oversee tasks, let alone prioritize them. To clear the mind it can be helpful to “empty” the mind. Therefore you can make a brain dump list, this is a list of all the things that are in your head.

EXERCISE

Write down everything that comes to mind. Literally everything, it doesn't have to be in specific list on a topic like work or a project. Just everything mixed on one long list. Below a little example;

- **Call grandpa**
- **Fold the laundry**
- **Order groceries**
- **Make a dinner appointment with friends**
- **Work email**
- **Proposal client X**
- **Long walk with the dog**

Highlight what needs to be done by yourself. When you have made the list, make an extra column. This column is for how much time you need for this specific task.

Task	Time
Call grandpa	20 min.
Fold the laundry	Ask partner to do before thursday.
Proposal client X	60 min.
Long walk with the dog	Ask neighbour to do on wednesday.

When you made the list. Start planning these tasks in your agenda and do the outreaches you need to do to get help. When you have organized help and planned the tasks in your agenda. Stripe these to do of your list.

This exercise takes about 30 – 60 min. Depending on how many tasks you have. Give yourself this time. Because this will really help clear your mind and ease your nervous system.

Rage page practise

We all need to expose impermissible feelings. But often, we do not feel safe enough to do so. We have learned that expressing yourself through rage, fear and anger is wrong. Therefore these feelings are repressed. Sadly, because by releasing our (unconscious) emotional distress, we clear our energy and return to emotional balance. Rage paging is a tool to release all these emotions on a page. It is a safe way to express yourself freely without fearing judgment from others.

EXERCISE

1. Turn off your phone. You do not want to be interrupted!
2. Set a timer for 20 minutes. And turn your phone, you truly do not want to be distracted. If you prefer, you can start a binaural beats playlist. Note, no other music since this can interact with your thoughts, even on a subconscious level.
3. Open your journal and write for 20 minutes. Journal about anything that has been triggering you. From someone or something that has made you angry, frustrations, disappointments, anything. Can be about an ex, a shitty lunch, work related stuff, friends, family. Anything. There is no issue too big or too small or in any way off limits. You are allowed to write it all down. Let it all out onto the page. The rage, anger, frustration, fear, worry, doubt.
4. You may feel resistance in this process. Take it slowly. Start journaling minor annoyances and maybe not even for 20 min. Just start maybe for 5 minutes and build it up.
5. When the timer ends, stop writing. Adjust your position and make sure you sit comfortably. Gently close your eyes, if you were listening to binaural beats, continue and let whatever feeling comes up be. Let it move through you.
6. Breathe! Breathe and feel your feelings. Follow your breath pattern; breath in deeply through your nose. Exhale and relax (especially your diaphragm area)
7. Stay in the meditative position for some minutes. The last part of this journal exercise is a free flowing meditation practice. Let it be a restorative journey after journaling practice.

Meditation techniques

Meditation is a tool that can help you release tension in your body, connect with yourself, calm your nervous system and can even give you guidance in life. Meditating comes in many different forms. So there is no excuse not to try it.

In this chapter we want to give you some tools that you can use in your daily life that will help you find guidance and stillness whenever you seek it.

Meditation for connection

This is a meditation we call "The Heart start" this meditation is good to do in the mornings, to ground and connect with yourself before you start your day. This meditation can be done anywhere, in the car (parked), in bed, on a chair. You just need 2 - 5 min to sit down.

I truly recommend you to do this practice every day, for at least 21 days to feel the difference in your body and mind.

EXERCISE

Breathe in deeply, exhale deeply. Close your eyes

Feel your body, your whole body

What do you feel?

Where do you feel sensations?

Do you feel something streaming in your body?

Do you feel heat or cold?

Be aware of your day, this brand new day. You can give color to this brand new day.

Connect with your heart, feel your heart, see your heart

Place your hand on your heart

Breathe in through your heart (just imagine this)

Exhale from your heart

Repeat this breathing cycle for at least 5 times

Keep your attention on your heart

Do you feel your heart?

Does it beat in your hands?

Repeat the breathing cycle again.

And close the meditation with the following affirmation. Keep your eyes closed and your hand on your heart. Repeat the affirmation at least 5 times.

"I am grounded and ready"

NEXT STEPS

EXERCISE

Feel your body after you spoke the affirmation.

Breathe into your pelvic area

Exhale completely

Feel your feet on the ground

Imagine a line from your heart into the ground, into the earth.
Connect with the earth

Breathe in to your heart

Exhale your heart

Imagine a line from your heart to the sky, to heaven.
Connect with the sky/heaven.

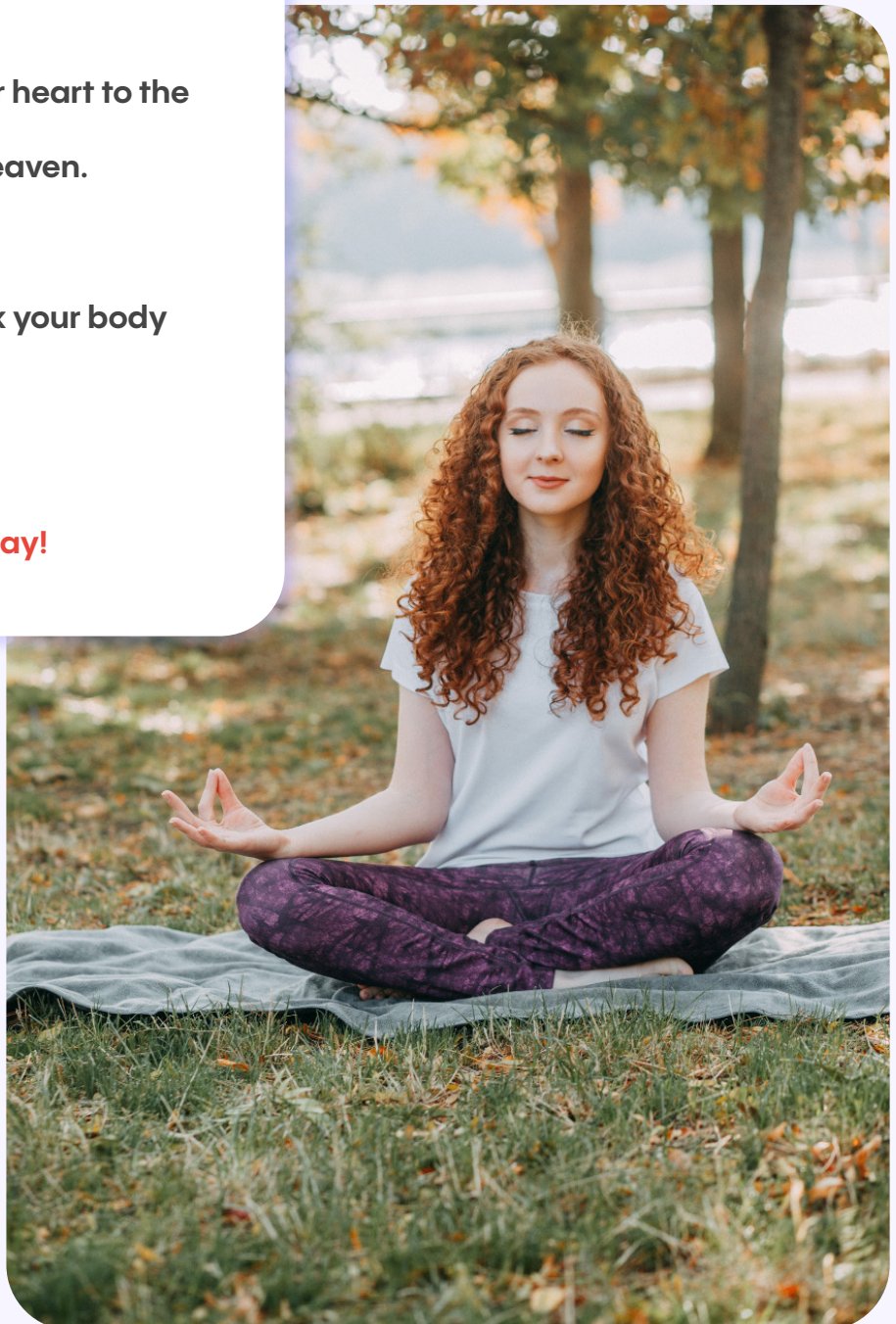
Breathe in deeply

Exhale completely, relax your body

Moves your feet, hands

Open your eyes

You are ready for your day!



Meditation to ease the nerves and free what is frozen in your body

During the day we often forget to check in with ourselves. And we do not acknowledge how we feel. When we do not recognize emotions that come up. We suppress. All these emotions get stored in your body. Suppressed emotions get stuck and can damage the nervous system because we do not give the signal that the event triggering the emotion has passed. So our bodies stay in this stress mode.

We need to tell our bodies that we are safe. To release an emotion we need to feel the emotion. You can do this in a soft and kind way. Just be courageous about what your body has to tell you.

When you are afraid of what comes up, just remember. You already have felt this emotion. It is nothing new and therefore nothing you cannot handle. Be kind to yourself. Explore with love.

EXERCISE

Relax in a comfortable seated position and gently close your eyes

Imagine a safe space. It can be a place where you have been before or it can be something that comes from your imagination. This does not have to be logic or true. Just let it flow.

Notice your Body, how do you feel? How does your body feel in this setting?

Then ask yourself,

**What do you see?
What do you hear?
What do you smell?
What do you feel?
What do you taste?
What can you touch?**

Allow yourself to imagine these senses. Again, there is no true or false, right or wrong. Just let your imagination flow and ground your experience in this imagined place.

Meditation for self-soothing

This meditation will help you feel soothed and connected to your own spiritual connection, your nature, your self.

This meditation is from the author Gabby Bernstein, her book "Happy Days" is true commendation to read. This book is packed with self help tools, insights and guidance.

EXERCISE

Sit comfortably in a chair. With your feet planted firmly on the ground

Roll your shoulders back and gently close your eyes

Place your right hand on your heart and your left hand on your belly

Notice any area in your body where you're experiencing any physical or emotional sensation

Breathe into that space in your body, and on the exhale release the tension (just imagine this, the body will follow automatically. Don't expect anything, just think of it, imagine in and go with the flow)

As you breathe, honor all the feelings and emotions that come through

Stay present with your feelings and emotions

Breathe more deeply into the feelings, and on the exhale allow them to relax

With each breath, honor exactly what you feel

Do not try to push anything away

Become present with what needs to come through

Allow your breath to become a source of soothing

Breathe in deeply. Exhale completely

Each breath becomes a gentle release and opportunity to relief

Breathe in

Breathe out

Continue this cycle of breath on your own

Breathe into the feelings

On the exhale release them

Let your breath soothe you now

When you feel ready, open your eyes to the room.

A prayer to connect to self

Whenever you find yourself disconnected you can pray. Some pray to god, spirit, angels or the universe. But regardless if you are religious or not, you can always pray to yourself.

Praying to yourself is a divine practice of inviting self, loving and healing energy into your consciousness. Each time we turn to self prayer, we strengthen our connection, to calm and be cared for.

EXERCISE

Sit comfortably in a chair with your feet firmly on the floor

Put your right hand on your heart, your left hand on your lower belly

Close your eyes

Breathe in deeply (to breathe in deeply you can imagine the breath going to your lower belly, imagine breathing into your hand)

Breathe out completely and relax (lower your shoulders, relax your jaws)

Then, repeat these sentences or just one sentence (if you choose to do one sentence repeat this sentence at least 5 times). If you choose to do more repeat this for at least 3 times

"I welcome Self to care for all my parts"

"May self energy support me in this moment"

"May all parts be led by self"

*"I surrender to the care of Self
May all parts feel love and accepted by Self"*

Repeat the sentences

Breathe in deeply

Breathe out completely

Grounding

Grounding exercises are a way for you to firmly anchor yourself in the present. Grounding exercises are helpful for many situations where you find yourself becoming overwhelmed or distracted by distressing memories, thoughts or feelings.

Below you will find two exercises that you can use to ground yourself in the present.

EXERCISE

GROUNDED RELEASE

Start by feeling your feet on the ground notice how the ground support your feet.

Then focus on how your feet support your ankles. Keep moving up to your legs, hips and spine.

Notice how each part of you is connected to your feet and the ground

Lift your arms in the air on a inhale

On the exhale, swing your arms down and breath out a sigh of relief

Let your knees move, then your body.

Let your jaw relax, and even jiggle your mouth as it opens naturally

Repeat this cycle a few times

This practice helps you open the physical energy in your body.



Grounding your body

This simple method will help you feel grounded in your body.

EXERCISE

Rub the palms of your hands together or tap your feet gently on the floor

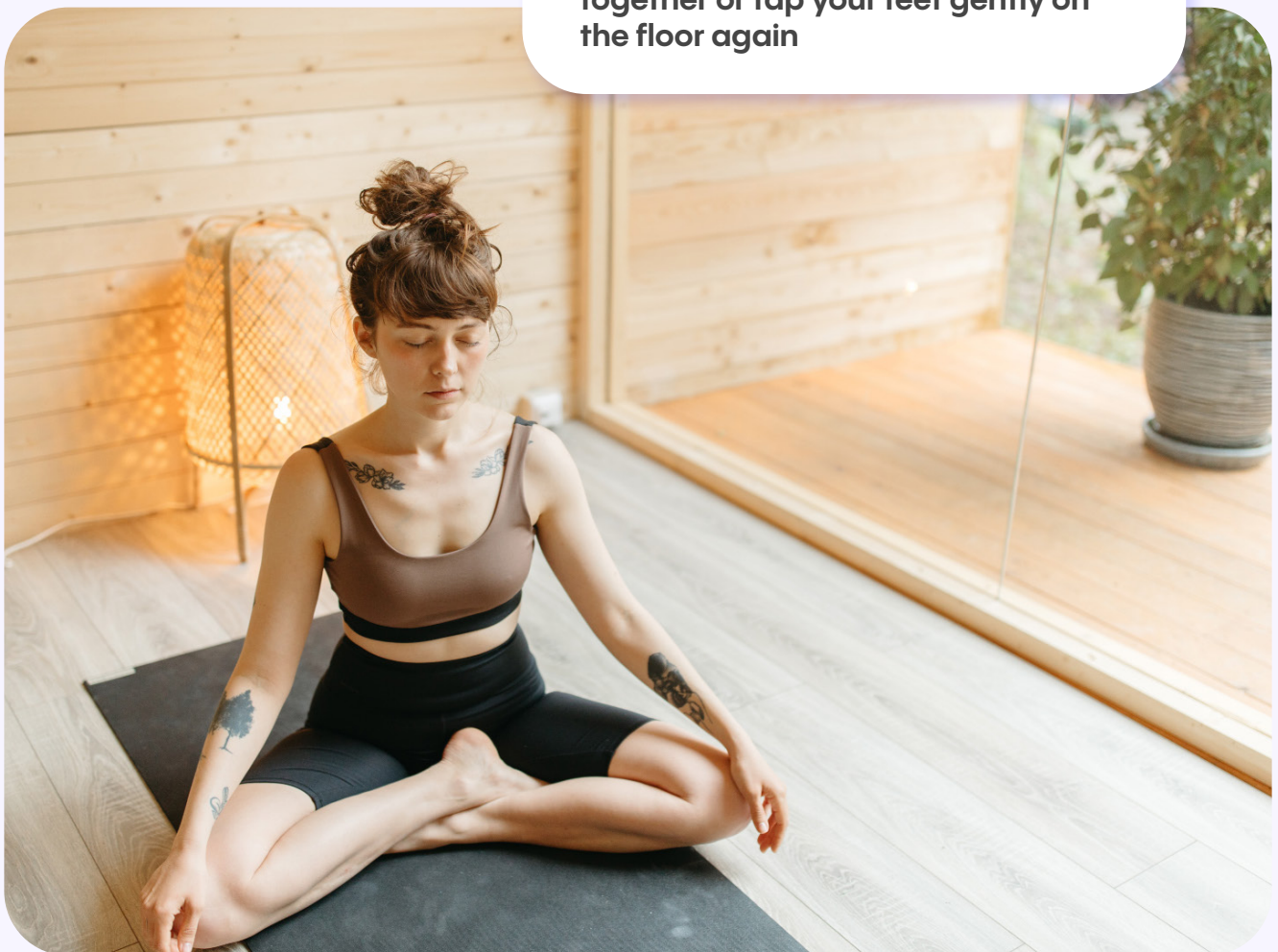
Breathe deeply

On the exhale, push your hands down on your thighs

On the inhale pull up on your thighs

Repeat 5 times

Rub the palms of your hands together or tap your feet gently on the floor again



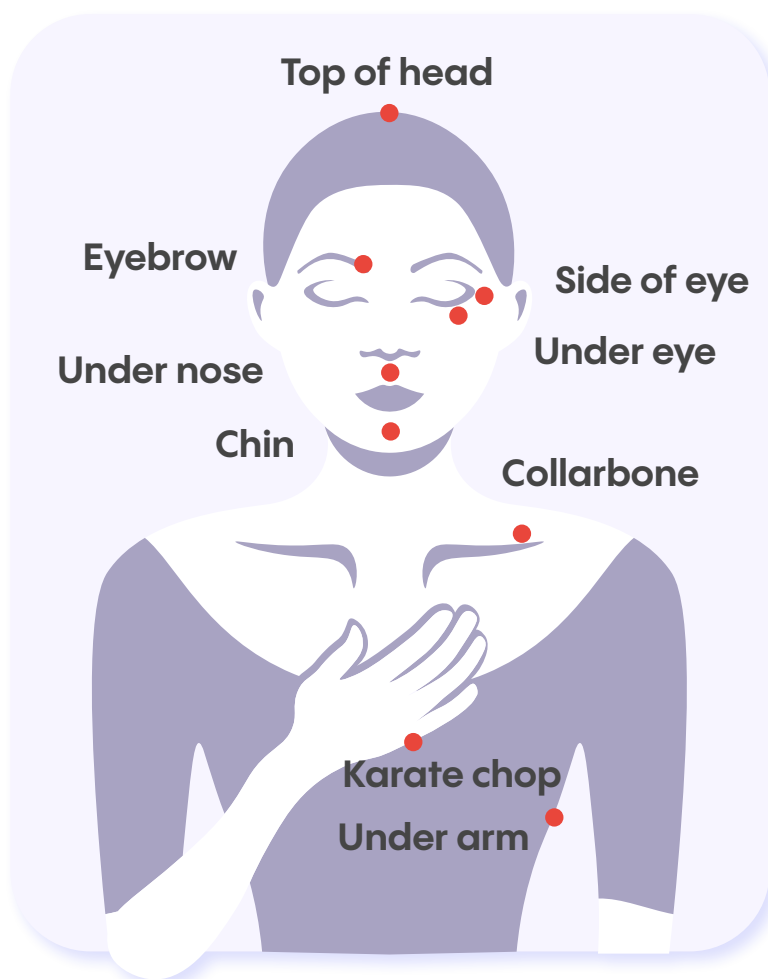
EFT – Emotional freedom techniques

EFT tapping is a mind-body method of tapping acupuncture points (acupoints) on the hands, face, and body with your fingertips while focusing on an issue or feeling you're hoping to resolve.

The goal of EFT is to balance disturbances in your energy field. EFT combines cognitive benefits of therapy with the physical effects of acupuncture to restore your energy and heal your emotions.

You stimulate certain meridian points on the upper body by tapping on them with your fingertips. There are nine tapping points: the eyebrow, side of the eye, under the eye, under the nose, chin, collar bone, under the arm, top of the head, and karate chop.

Tapping can help release old fears, limiting beliefs, negative patterns, and even physical pain. Tapping can be one of the most profound ways to regulate your nervous system and get back to a safe baseline.



TAPPING POINTS

EFT tapping can be divided into five steps. If you have more than one issue or fear, you can repeat this sequence to address it and reduce or eliminate the intensity of your negative feeling.

1. Identify the issue

In order for this technique to be effective, you must first identify the issue or fear you have. This will be your focal point while you're tapping. Focusing on only one problem at a time is purported to enhance your outcome.

2. Test the initial intensity

After you identify your problem area, you need to set a benchmark level of intensity. The intensity level is rated on a scale from 0 to 10, with 10 being the worst or most difficult. The scale assesses the emotional or physical pain and discomfort you feel from your focal issue.

Establishing a benchmark helps you monitor your progress after performing a complete EFT sequence.

3. The setup

Prior to tapping, you need to establish a phrase that explains what you're trying to address. It must focus on two main goals:

acknowledging the issues

accepting yourself

despite the problem

The common setup phrase is:

"Even though I have this [fear or problem], I deeply and completely accept myself."

You can alter this phrase so that it fits your problem, but it must not address someone else's. For example, you can't say, "Even though my mother is sick, I deeply and completely accept myself." You have to focus on how the problem makes you feel in order to relieve the distress it causes.

It's better to address this situation by saying, "Even though I'm sad my mother is sick, I deeply and completely accept myself."

STEP 4 ►

4. EFT tapping sequence

Begin by tapping the **side of the hand point** while simultaneously **reciting your setup phrase 3 times**.

Then, tap each following point seven times, moving down the body in this ascending order:

eyebrow
side of the eye
under the eye
under the nose
chin
beginning of the collarbone
under the arm

After tapping the underarm point, finish the sequence at **the top of the head point**.

While tapping the ascending points, recite a reminder phrase to maintain focus on your problem area. If your setup phrase is,

“Even though I’m sad my mother is sick, I deeply and completely accept myself,”

your reminder phrase can be:

“The sadness I feel that my mother is sick.”

Recite this phrase at each tapping point.

Repeat this sequence 2 or 3 times.

Thank you for following the ultimate mindset hack program. I hope I provided you with easy “go to” tools to feel more centered in with yourself.

If you have any questions about this program or else, please feel free to reach out to me via the community on the platform. I'm more than happy to help.

As you probably know, we believe a healthy and happy lifestyle is pursuit through all the elements concerning your body. Therefore we divided our platform into three pillars, The Body, The Mind and The Soul.

I strongly advise you to start a complementary program or one of the modules.
Such as the Happy Gut module from our Nutrition program.
Or one of our Movements for the Soul classes.

I hope you enjoy them.

**Love,
Anna**

Founder of Athley