



# **Life Laws Breakthrough**

**3-Minute Alignment Tool +  
48-Hour Proof Hunt**

# Life Laws Breakthrough

## 3-Minute Alignment

Use this when you're spiraling or stuck. One Page. Fast Shift.

**S – SPOT** the thought

What's the feeling I'm experiencing right now? \_\_\_\_\_

**H – HALT** (Do not feed the negative)

What immediate action can I take to slow down? \_\_\_\_\_

**I – IMAGINE** Better

What does success look like in this situation? \_\_\_\_\_

**F – FEEL** the better outcome

How will I feel when I achieve that success? \_\_\_\_\_

**T – TRUST** the positive process

What's one reason I can believe things can work out? \_\_\_\_\_

### EXAMPLE 1: Feeling Overwhelmed

S - Anxiety

H - Take 3 deep breaths

I - Calm and in control

F - Relief, capable

T - I've gotten through worse

### EXAMPLE 2: Facing a Challenge

S - Doubt

H - Drink a glass of water

I - Confident and success

F - Pride, accomplished

T - There's a solution. I will find it.

# Life Laws Breakthrough

## 48-hour Proof Hunt

*Train your brain to find what you want, not what you fear*

Your brain collects proof for whatever you believe. Let's make it collect proof that supports your **Imagine Better** vision from Page 1. The real power comes from feeling it's possible—not just thinking it. This Proof Hunt will help lock in both the belief and the feeling.

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### MORNING (60 seconds)

Write your Imagine Better vision from Page 1 here: \_\_\_\_\_

*Today I'm collecting proof of this being possible. When I get it, I'll keep count.*

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### DURING THE DAY

Notice **ANYTHING** that matches your **Imagine Better** vision - big or small. It could be something that happens to you, something you see or hear...if it feels like a match, say "That's one" and keep count. \_\_\_\_\_

*Ex: My friend encouraged me today – proof that support exists*

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### NIGHT (2 min)

List **3 pieces of proof** you noticed today:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

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**DAY 2 etc. – REPEAT** - write 3 more proofs tomorrow and the next day, and so on..

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**LOCK IT IN (20 seconds)** - Say the following out loud:

"My brain finds what I ask it to. I'm asking for \_\_\_\_\_ and finding proof that my better vision/outcome is real."