



Michelle's Tool Box and "Go to" Tried, tested and proven

Influencers:

Bob Proctor – Law of Attraction expert. Founder of the Proctor Gallagher Institute

<https://www.proctorgallagherinstitute.com/>

Dr. Joe Dispenza – Specializes in brain plasticity, neuroscience, epigenetics, and quantum physics

<https://drjoedispenza.com/pages/about>

Jose Silva – founder of the ultra mind ESP system dating back to 1950

<https://silvaultramind.com/about-us/>

Abraham Hicks – Law of attraction and manifestation teacher

<https://www.abraham-hicks.com/about/>

David Goggins – "Stay hard". Author. Ex Navy Seal. Extreme Athlete. Motivator.

<https://davidgoggins.com/>

Methods / Strategies that kept me sane:

EFT (aka Tapping)

<https://www.thetappingsolution.com/what-is-eft-tapping/>

3, 2, 1 method – Jose Silva.

<https://silvaultramind.com/>

4 x 4 Breathing exercise or 4, 7, 8

<https://neurohacker.com/breathing-technique-focus-mind>

Visualization techniques – Be the movie director. Play the end result, the finish line - as you want it to be, as you dream it. Now, play it over and over. Connect real emotions with the result and feel them. OWN IT.

PODCASTS that saved the day:

Tapping solutions – Alex Ortner

<https://www.thetappingsolution.com/tapping-podcast/>

INTO THE ROAR – Martin Rooney

<https://www.trainingforwarriors.com/podcast/>

SPARTA CHICKS – Jen Brown

<https://www.spartachicks.com/radio/>

Mind Muscle Project – Lachlan Rowstan and Raph Freedman

<https://themindmuscleproject.com/>

AUDIO BOOKS that entertained and educated me:

Can't hurt me – David Goggins

Endurance – Alfred Lansing

The Power of now – Eckhart Tolle

The thorn birds – Colleen McCullough