



THE

Stress Less Thrive More

Breakthrough Experience

DAY 5 GUIDEBOOK



@ourfeelgoodlife



How do I *live in* the Green Zone?

Now that I know how to **get to** the **Green Zone**, I'm ready to learn how to **stay there**.

Today, I'm going to learn what it takes to **rewire** myself into the Green Zone.

It doesn't matter how long I've lived in the Red or Yellow Zone for. This work gives me the power to put the past behind me.

I have the ability to live the life I desire. With this work, **my success is inevitable**.

I have **hope**. My future is secure.

What's my homeostatic level?

My **homeostatic level** is the level (1-10) on the Feel Good Scale that I **live** in. It's the level I experience most often.

My homeostatic level can **change**.

Each time I practice the 3 steps to choose the Green Zone, I'm habituating myself to live in the Green Zone. Soon, **Green will become my new normal** and I won't stay in Red or Yellow very long.



What's my homeostatic level?

What's my homeostatic level in each of my life areas?

Life Area	Homeostatic Level (1-10)
 Health & Self-Care	
 Relationships	
 Career & Finances	
 Spirituality & Faith	



Moving towards my breakthrough

I'm **playing full-out** for my **breakthrough**.

For millennia, fire has been a symbolic part of rituals that honor and let go of the past in order to heal and move on.

- ➔ Write about the time that you lived at your **lowest homeostatic level (1-10)** on a piece of paper.
- ➔ Take a moment to honor this time of your life. **You did the best that you could with the resources that you had.**
- ➔ Burn the piece of paper safely* and affirm to yourself that you are ready to claim your new story. Share your experience with us in the [Facebook group](#).
- ➔ **Bonus:** Cheer others on in the Facebook group.

*By participating in this burn ceremony, you agree that it is your responsibility to practice fire safety. The Feel Good Life is not responsible for your failure to practice fire safety. Only participate in this burn ceremony if you are able to do so safely.