

Implementation Tools Review



Introduction & Modules 1-6

Daily:

Morning:

- ◆ Morning Tapping Visualization to Start the Day (Introduction Module)
- ◆ Mama's Got Goals Planner-look over your day and the commitments you have made to yourself and others and honor them!
- ◆ Huntress Morning Routine (Module 4)

Before bed:

- ◆ Mama's Got Goals Planner-evaluate your day and let go what did not serve you today.
- ◆ Ho'oponono Forgiveness Tapping Script (Module 2)
- ◆ Gratitude Journal (Introduction Module)

Anytime throughout the day:

- ◆ The Heart Coherence Visualization-anytime you are needing to relax or feel connected to yourself and your intuition- (Module 3)
- ◆ Any of the tapping scripts including the new Honoring Time script (Module 3)
- ◆ Stillness, quiet time and creativity to reconnect with your intuition (Module 3)
- ◆ Huntress Nutrition (Module 4)
- ◆ Mind, Body, & Spirit Work (Module 6)

Weekly:

- ◆ Brain Dump- I use this at least once a week either on a Sunday night or Monday morning (Module 3)
- ◆ Huntress Success Method-Reset your larger goal with smaller goals to get through during the week! (Module 2)
- ◆ The Movement Exercise-Make sure you are ready for the week by being at cause of your life and your goals and not the effect of everything happening around you! (Module 3)
- ◆ After your brain dump and creating new smaller goals, input everything for the week into your Mama's Got Goals Planner.
- ◆ Review your module MARK check-in and plan the things to help you feel, happy, excited about your life and connected more fully to your intuition. (Module 1)
- ◆ Huntress short-term and long-term goal trackers (Module 4)
- ◆ Celebrate You (Module 4)
- ◆ My Aligned Arrow (Module 6)
- ◆ My Purpose (Module 6)

Ongoing:

- ◆ Hitting Your MARK module check-in (Module 1)- adding activities that feel aligned and supportive to your energy throughout your two-week module time using your Mama's Got Goals Planner
- ◆ Reprogramming the RAS system- use anytime you need to re-program your thoughts! This is a great monthly activity to schedule and plan for (module 1)
- ◆ Negative Thoughts Tapping- ANYTIME. This quick one-minute reset can be used easily throughout the day! (Introduction Module)
- ◆ The Boredom Project-make sure you have done this at LEAST once so far, but this is also a great monthly or quarterly activity to plan for (Module 1)
- ◆ SMART Goals-ongoing and a powerful tool for achieving the specific things you want in your life (Module 2)
- ◆ Healthy Feminine and Masculine Energy (Module 4)

- ◆ Huntress Nutrition (Module 4)
- ◆ Emotional Eating Tapping Script and Visualization (Module 4)
- ◆ Food Cravings Tapping Script and Visualization (Module 4)
- ◆ Celebrate You (Module 4)
- ◆ Huntress short-term and long-term goal trackers (Module 4)
- ◆ Choosing and Changing Beliefs (Module 5)
- ◆ Belief Work Exercise (Module 5)
- ◆ Mine, Yours, and Gods Business (Module 6)
- ◆ Mind, Body, & Spirit Work (Module 6)
- ◆ My Aligned Arrow (Module 6)
- ◆ Energy Systems Balancing Tapping Visualization (Module 6)
- ◆ My Purpose (Module 6)

