

ONE MINUTE MIND SCRUB

SIMPLY SAYING THE FOUR PHRASES 15 TIMES EACH WILL SCRUB THE MIND IN ONE MINUTE.

“I WILL OVERCOME” X 15

“I AM OVERCOMING” X 15

“I HAVE OVERCOME” X 15

“I DID OVERCOME” X 15

SIMPLY SAYING THE FOUR PHRASES 15 TIMES EACH WILL TOTAL ONE MINUTE AND SCRUB THE MIND.

THE PHILOSOPHY BEHIND THE ONE MINUTE MIND SCRUB IS TO GIVE EACH AND EVERY PERSON A QUICK AND EASY WAY TO REDIRECT THOUGHTS. NO MATTER THE SITUATION, THE ONE MINUTE MIND SCRUB IS A TECHNIQUE WHICH WILL WORK TO CLEANSE YOUR MIND. MANY TIMES WE ARE FACED WITH SITUATIONS WHICH REQUIRE US TO KIND OF HIT A RESET BUTTON IN OUR MIND SO WE CAN FOCUS ON WHAT WE NEED TO FOCUS ON. THIS TECHNIQUE IS THAT RESET BUTTON. IT'S AS EASY AS REPEATING THE FOUR PHRASES, 15 TIMES EACH, IN SUCCESSION. UPON REPEATING THE PHRASES YOU WILL NOTICE HOW YOUR MIND IS NOW FREE AND CLEAR TO FOCUS ON WHAT YOU WANT. TRY IT!

I WILL OVERCOME: FORWARD THINKING PHRASE TO GET YOU FOCUSED ON GETTING THROUGH THIS

I AM OVERCOMING: PRESENT THINKING PHRASE TO GET YOU FOCUSED ON PROACTIVITY

I HAVE OVERCOME: STARTING TO PUT THE ISSUE/CHALLENGE BEHIND YOU IN YOUR MIND

I DID OVERCOME: FINALIZATION OF THOUGHTS COMPLETING THE SCRUB, PUTTING IT BEHIND YOU.

NOW YOU'VE SCRUBBED YOUR MIND AND ARE FREE TO MOVE ON WITH WHATEVER YOU CHOOSE.