

Daily Mind GymTM Course Guide

Camille Nisich

Your Transformation Begins Here

Committing to 10 minutes a day to practice Daily Mind Gym can be the key to unlock the door to the life you crave.



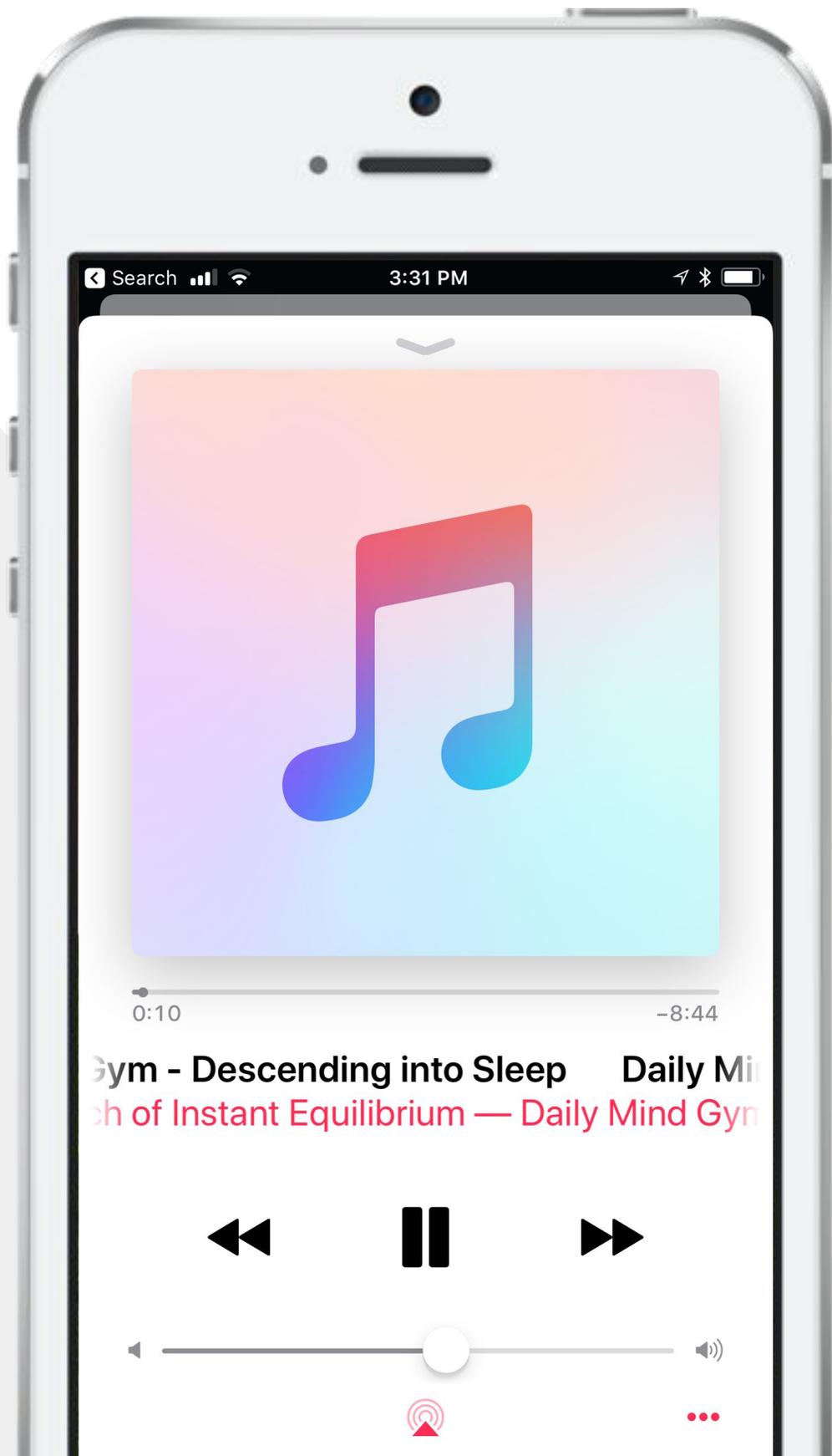
“When I feel like something is going wrong instead of letting my mind take me away on stories that have not happened, I can stay in the present more quickly.”

Amy Fauth
Human Resources
Professional, Mom



Getting Started is EASY

- Download the practices
 - Play on mobile phone or computer
- Bring your TAN
 - Time
 - Anchor
 - Non-judgemental self
- Learn the one minute practices
- Use the Practice Log to stay consistent
- Enjoy your “me” time!



Daily Mind Gym Practice Log

Print this Practice Log and record your weekly sessions. Keeping a log will allow you to look back on your progress and set intentions for future practices. Remember to bring your **TAN** to each session – **T**ime, **A**nchor and your **N**on-judgmental self.

Day / Date	Practice Title	Time (Minutes)	Anchor(s)	Thoughts or Feelings Before	Thoughts or Feelings After	Plan for Next Practice
Sun						
Mon						
Tue						
Wed						
Thu						
Fri						
Sat						

Essential Oils & Emotions



Essential oils are plant compounds that interact chemically with emotions.

**[Message me](#) to attend my next essential oil master class.*



Essential oils provide a direct route to where you want to go.

Choose the right oil for the emotion you desire.



Essential oils can instantly transport you to your happy place.

[Think the smell of a favorite relative's cooking.]

You Have My Support

I'm here to support you on this journey! Use the information below to connect with me and get my support.



- Message me on Facebook
 - <https://m.me/camille.nisich>
- Join my Joyful Life Collective group on Facebook
 - <https://www.camillenisich.com/joyful>
- Schedule a FREE Consultation
 - <https://www.camillenisich.com/schedule>