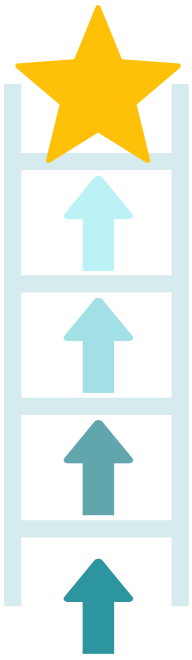
BACK to YOU

THE NEW CHOICE LADDER

Move UP toward a better thought.

You can always make a NEW CHOICE! When you don't feel like yourself, see where you can create change, by making new choices and right actions.

NEW CHOICE LADDER: Start at the bottom. Move your thoughts UP toward something better + true.



NEW CHOICE! _____

↑ **NEW CHOICE: I can believe it, it is true + can act from:**

_____

↑ **NEW CHOICE: Better + still true:**

_____

↑ **NEW CHOICE: A little better + still true:**

_____

START HERE

THE THOUGHT YOU WANT TO CHANGE

I feel / think / believe / am: _____

Note: You can have more than 3 steps if you need, whatever it takes.
Bonus points: You can TAP on each of these as you work through this!

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THE 5 LEVERS

Move ACROSS toward the opposite.



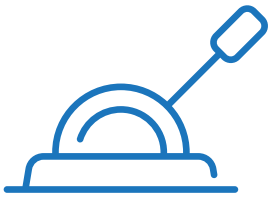
Ayurveda works with opposites. When something isn't working, look at where you are and *move the lever* the other way. Adjust until you find what brings you closer to feeling like you. This is a process, you will not figure this out in a week. But, begin.

---

1. BODY

How does my body feel, what does it need?

Speed Up ↔ Slow Down
Movement ↔ Rest
Add ↔ Remove



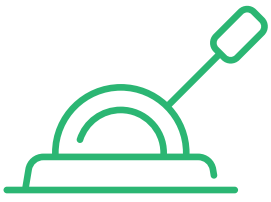
ADJUST THE LEVER: DO something different. Don't think about it. Choose ONE thing, and go.

---

2. MIND

Is my thinking helping me?

Negative ↔ Positive
Same story ↔ New perspective
Believe it ↔ Doubt it



ADJUST THE LEVER: What thought, story or perspective do you need to change so you can move forward with optimism, strength, and support for yourself?

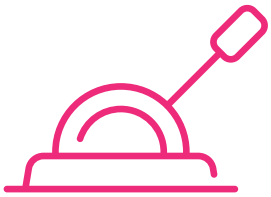
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BACK to YOU

3. SOUL

Am I operating like ME?

Away from me ↔ Back to me
Autopilot ↔ 3 Words
Diminish ↔ Express



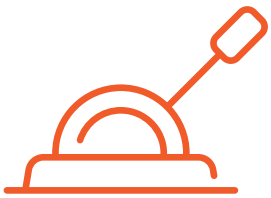
ADJUST THE LEVER:
What would bring me closer to who I actually am?

---

4. ACTIONS

Are my actions taking me where I want to go?

Go faster ↔ Slow down
Continue ↔ Stop
Add ↔ Ditch
Stay the course ↔ Turn around
SWAP this ↔ For that



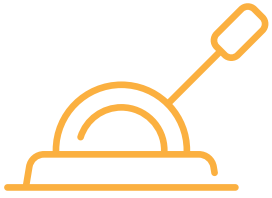
ADJUST THE LEVER:
What action would move me toward what I actually want?

---

5. OTHER PEOPLE

What is mine to control?

React ↔ Respond
Yes ↔ No
Accommodate ↔ Boundary
Control them ↔ Let them



ADJUST THE LEVER: What can I change about **my** part of this?

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BACK to YOU

WHEN YOU'RE TOO UPSET TO THINK

1. BREATHE.
Slow everything down. Calm, slow breaths in + out. You can do this anywhere and nobody needs to know.

2. DO I ACTUALLY NEED TO ACT RIGHT NOW? Sometimes the best move is to **do nothing**. Time fixes most things. Sometimes we just need to wait.

NO → STOP HERE. Give it time.
YES → Go to #3.

3. IS THIS WITHIN MY CONTROL?
NO → Accept that piece.
YES → Which lever can I adjust? Body? Mind? Soul? Actions? Other People?

Adjust your expectations accordingly. Don't jump to conclusions, engage in drama, or make it worse. Stay in your own integrity and see what happens.

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