



The TRUSTCard® Level One!

Good-Mood
MAKER™



Want to get into a Good Mood and stay there more or less On Demand?

The TRUSTCard[®]
Protected by 2 U.S. Patents
Level One!



Do you find that the harder you try, the harder it may **be to get there ...**



Instead, see whether you can get and stay in a Good Mood this simple, tested **way ...**
And additionally, do you ever catch yourself **procrastinating? ...**

41

Try This ...

The TRUSTCard[®]
Protected by 2 U.S. Patents
Level One!



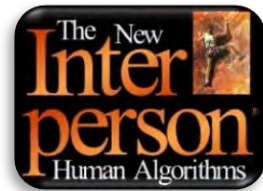
Choose to notice any person, place, thing or situation around **you "right now" which** meets one or more of the following criteria:

- A. Makes Sense (e.g., your car starts when you turn the key; your clothes dryer dries the clothes properly) and/or
- B. Has no negative emotion attached to it (e.g., a good friend is in the room or you just got finished having a very good conversation with him or her by phone or text) and/or
- C. Involves a possible reward which has occurred or seems likely to occur (your long-time honest, straight-shooting boss mentions a possible promotion during your annual performance review);



Then Try This ...

TheTRUSTCard[®]
Protected by 2 U.S. Patents
Level One!



1. Complete any addition, subtraction or multiplication math equation **using single digits** from 1 to 9 (e.g., $6 + 2 =$, $7 - 5 =$, $3 \times 5 =$, $9 + 3 =$, etc. **It's your choice ... think of any equation.**)

2. Solve the single digit math equations and, importantly, **USE ALL WRONG ANSWERS**. Out loud OR silently.

3. Continue to solve single digit math equations using **ALL WRONG ANSWERS...**



UNTIL YOU SMILE

The TRUSTCard[®]
Protected by 2 U.S. Patents
Level One!



DO THIS DAILY IN MOMENTS WHEN
YOU FEEL NO STRESS



USE IT MULTIPLE TIMES PER DAY OR NIGHT
DURING UNSTRESSED MOMENTS

USE IT 5 TO 15 TIMES A DAY

The TRUSTCard[®]
Protected by 2 U.S. Patents
Level One!



Repeat 5-15 times in the
Course of Your Day.

Continue to Take Note of
your overall Mood.



Repeat these steps again the
next day and the next day, etc.