

Adrenal ReCode Module 5 Mantras & Playlist

Know that you might feel frustration bubble up several times or maybe even dozens of times as you get the hang of The Adrenal ReCode program and process.

So we created a few Adrenal ReCode Mantra's to help you to create space in your mind and life for healing in order to support you to stay focused and successfully implement the following four suggestions.

1. Try not to judge yourself or the process you are going through
2. Expect progress, not perfection
3. Give yourself more time to prep and eat meals than normal
4. Plan less social engagements and commitments and more self-care

Use The Mantras & Playlist To Set Yourself Up For Success

We'll be asking you to develop a deeper connection, awareness, and relationship with your body, mind, and emotions, therefore strengthening your communication and relationship with yourself on all levels.

All of this is designed to help you restore the health of your adrenals and nervous system and learn to listen and communicate with what your mind, body, and emotions need so that you can create a deep reservoir of self-sufficiency and resilience that you can rely on to meet life head-on with a smile.

Print out these mantras and post them in places around your home or office, on your bathroom mirror and refrigerator, inside your daily planner, journal and wallet, or wherever you feel you'll can use a daily reminder to stay positive and consistently focused as you make your way through the program.

Play and/or dance to This is Me - Keala Settle daily to move more and feel the power of the change you have committed to creating for yourself. You can listen to it on [Spotify here](#) or [YouTube here](#).

If you have Spotify, follow [The Adrenal ReCode Playlist by cvolove](#). If not, create your own playlist wherever you listen to music from our Mantra and Playlist handout.



TRUST THE PROCESS

- Adrenal ReCode Mantra



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***THINGS HAPPEN FOR
ME NOT TO ME***

- Adrenal ReCode Mantra



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