



# Daily Reinforcement: Powers of Observation

## Time: 5 minutes

To improve your ability to work through the REP winning strategy, it's important to strengthen your powers of observation. This reinforcement helps you become more aware of your feelings and physical reactions.

It's most beneficial when you do this reinforcement multiple times throughout the day.

### Step 1

Take a moment and calm your thoughts by focusing on your breathing. On your inhale, say silently to yourself, "Inhale." On your exhale, say silently to yourself, "Exhale." Don't worry if your thoughts wander a little. Just bring your thoughts back to your breath. Do this for two minutes.

### Step 2

With your eyes closed, begin at the top of your head, and start to scan how your body feels.

Do you notice any tension in your eyes? How does the skin feel on your face? Is it tight, or relaxed? Is your jaw clenched or slack?

Continue moving down the body until you've taken note of how your entire body feels at that moment.

**IMPORTANT MESSAGE:** This content is intended to provide useful information on the subject of personal development. It is for informational and educational purposes only and is not intended and should not be used as a substitute for professional medical, psychological, financial, legal, or other advice, diagnosis, or treatment. The author is not diagnosing conditions or offering medical or mental health advice. The information provided here is NOT intended to be used for self-diagnosis or treatment. If you feel you require immediate help, please contact the appropriate authorities, medical providers, and/or crisis intervention service providers in your local area for immediate assistance.