



HOW TO USE THE NEUROSHIFT™ RESET PACK

Your Guide to Getting the Maximum Transformation from This Program

This guide shows you:

- **When to listen**
- **How often to repeat each audio**
- **The ideal order**
- **What to expect and when**
- **How transformation unfolds inside your nervous system + identity**

This is your roadmap.

1. DAILY LISTENING BLUEPRINT

There are **three categories** of audios in your Reset Pack, and each serves a different purpose:

A. Guided Meditations (Deep Emotional Reset)

These heal stored stress, overwhelm, trauma residue, and exhaustion.

Length: 12–20 minutes

When: Once per day or every other day

Best time: Evening or during quiet time

Goal: Release emotional buildup + calm the nervous system + create inner safety

B. Identity Shift Audios (Fast Subconscious Reprogramming)

These rewire your default mental and emotional patterns.

Length: 5–7 minutes

When: 1–2 times per day

Best times:

- Morning
- Mid-day reset
- Before stressful situations
- Right before bed (optional)

Goal: Install new identity patterns:

- Calm as default
- Power under pressure
- Visible, confident self-worth

C. Bonus Sleep Reprogramming Audio (Overnight Rewiring)

This works while you fall asleep.

Length: 15–25 minutes

When: Every night (or 4–5 nights per week)

Best time: As you fall asleep — let it play, even if you drift off quickly

Goal: Overnight subconscious rewiring + nervous system repair

2. THE IDEAL ORDER OF USE (Simple & Powerful)

DAYTIME ROUTINE

1. Morning:

Listen to *Shift Audio #1 — Calm-As-Default Identity Shift™*.

This sets your baseline for the entire day.

2. Before or during stress:

Listen to *Shift Audio #2 — Power Under Pressure™*.

This interrupts old patterns and installs strength.

3. Afternoon or Evening:

Listen to *Guided Meditation #1, #2, or #3* (rotate them).

- Meditation #1 = Deep stress release
- Meditation #2 = Overwhelm healing
- Meditation #3 = Emotional reconstruction

4. Evening (optional add-on):

Listen to *Shift Audio #3 — Stop Feeling Invisible™*.

This repairs worth and identity at the deepest layers.

NIGHTTIME ROUTINE

5. As you fall asleep:

Play **The Overnight Nervous System Reset Audio™**.

- You do NOT need to stay awake
- It works best if you fall asleep mid-listen
- Rewiring continues for hours

3. WEEKLY FLOW (Recommended Schedule)

MONDAY–FRIDAY

- **Morning:** Calm Identity Shift
- **Mid-Day:** Power Under Pressure Shift
- **Evening:** One Guided Meditation
- **Night:** Sleep Audio

SATURDAY

- Repeat your favorite Guided Meditation
- Journal using the Workbook
- Optional: Do Shift Audio #3 for deeper worth-building

SUNDAY

- Rest day
- Only use the Sleep Audio

- Optional: Light breathing work or the 7-Day Challenge practices

Result:

Your nervous system begins learning a *new weekly rhythm*:
from constant tension → toward regulated baseline.

4. WHEN YOU SHOULD START SEEING RESULTS

Within 24–72 hours

You may notice:

- softer chest
- fewer racing thoughts
- deeper breaths
- more emotional space
- a sense of “quiet” you haven’t felt in a long time
- slightly less reactivity

These are early signs your system is responding.

Within 7 days

You may notice:

- emotional releases
- reduced anxiety
- more consistent calm
- better sleep
- clearer thinking
- moments of unexpected strength
- subtle but real confidence
- less overwhelm in situations that usually activate you

Most users report crying—*but in a good, releasing way*.

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Within 2–3 weeks

Identity shifts begin forming:

- you react differently
- you feel more powerful under stress
- you speak up more
- boundaries become natural
- guilt decreases
- your posture and energy shift
- you no longer collapse internally
- you begin seeing yourself differently

This is the “NeuroShift Phase.”

Within 4–6 weeks

This is where you’ll feel:

- completely different thought patterns
- natural self-worth
- calm as your default
- emotional resilience
- increased clarity
- increased confidence
- a sense of inner stability you may have never felt before

This is the **identity reconstruction** phase.

Your system is now rewired.

5. FINAL DIRECTION: LISTEN HOW *YOU* NEED

If a day feels overwhelming → skip everything except the Sleep Audio.

If you feel strong → add an extra Shift Audio.

If you need comfort → choose Meditation #3.

If you need energy → choose Meditation #2.

If you're emotionally blocked → choose Meditation #1.

You cannot "mess this up."

Your nervous system follows your intention.