

---

# Reduce Your Stress to Release Your Pain

*Deepen Your Fast Pain Relief Experience*



---

[WWW.YOURBLISSFULJOURNEY.COM](http://WWW.YOURBLISSFULJOURNEY.COM)

*Written by Sally DiCesare*

---

# Welcome

Welcome weary traveler.

You've "tried it all" with no long-lasting success. You're frustrated with so many promising starts that fell flat when it came to relieving your pain.

You are definitely in the right place.

*Sally*





01 - 04

## INTRODUCTION

I like when things are easy. Therefore, you will find easy step-by-step instructions to help you with your pain relief process.

05-06

## TIPS FOR YOUR MORNING PRACTICE

Take 15 minutes first thing every day to set the tone for your day.  
I give you an outline.

07 - 12

## DAILY JOURNAL

Who has the time to sit for an hour writing out your deepest desires and dreams? Not you, not now anyway. Here's a plan to make it simple.

13-14

## CONCLUSION

And that's a wrap! Remember, some days are better than others. Done is better than perfect. Give yourself permission to mess up and evolve.  
This is a no judgement zone.



# HOW BEST TO USE THIS WORKBOOK

To get the most out of the recording, commit to at least 7 days and follow along using the workbook morning and night.

Do all activities to the best of your ability as you are right now.

Most importantly, find the best time for you. That may be at lunch, in your car before you walk into your home, or taking the time for a long soak in the tub.

If you are home with your children, you can set a 10-minute timer and teach them that this is your time and you will be with them when the timer goes off. They may choose to sit with you and watch the timer.

I'm rooting for you!

Please fill out the assessment so you can measure your progress. Here's [the link](#). You can retake the assessment at the conclusion.

QUESTIONS?

*Sally@YourBlissfulJourney.com*

*YourBlissfulJourney.com*

*703-220-9882*

# HOW TO BEGIN YOUR DAILY PRACTICE

Practice makes permanent. You must practice helping integrate and get the most from the Fast Pain Relief video.

Many find they love how their day flows when they start it with 10 minutes to connect with themselves. Others find they get more restful sleep after finishing their day with practice.

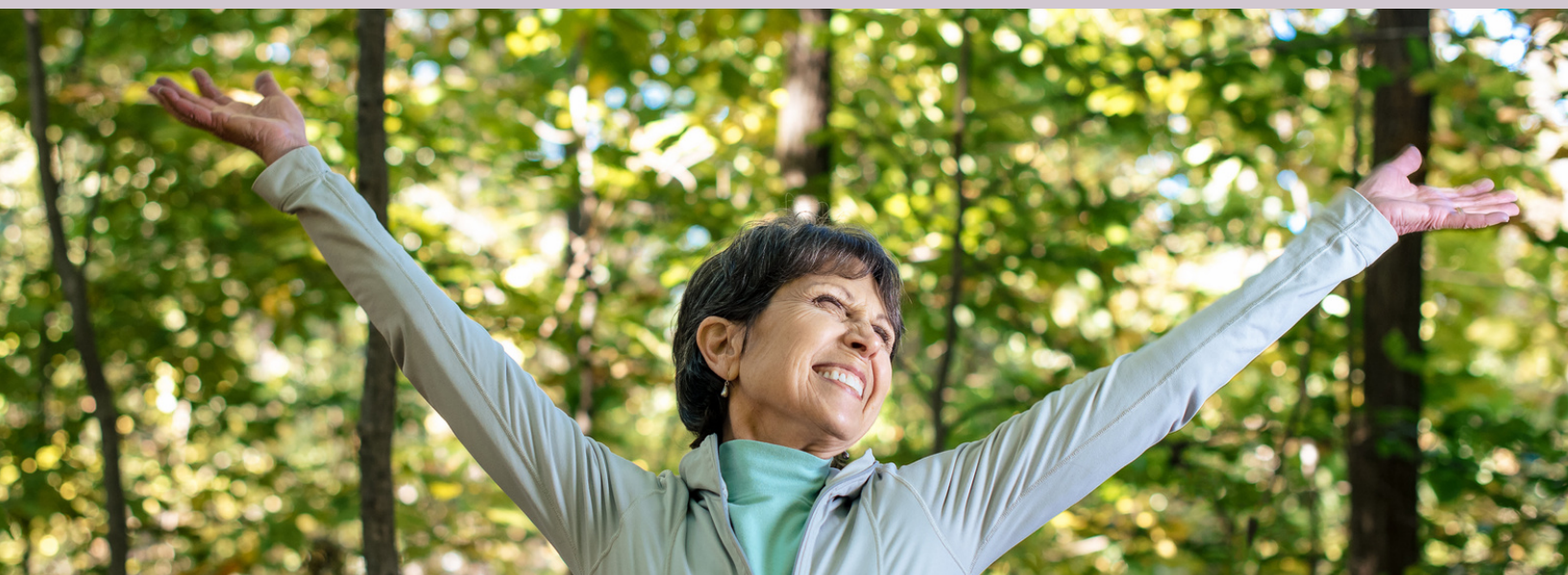
Once a day is enough. Twice is better. Three times will put you on a fast track to healing.



# Tips for your practice

- Pick your time now and commit to it.
- Choose where you will make your space with your notebook and pen.
- When you start your practice session, turn on a 10-minute timer so you won't always be thinking of the time.
- Spend 5 minutes after your practice to write in your notebook your experience and insights

*Never, ever beat yourself up if you miss a day. Just pick up your practice the next day. Many find they must put a reminder on their phone and block that time or have an accountability partner.*





# HOW TO START EVENING YOUR JOURNAL

Evening journaling:

- Unplug from technology an hour before sleep.
- Read an inspiring book of a hero or self-development.

Write in your journal:

- What you are grateful or appreciative of from the day.
- Reconnect with your future-self, your future plans.
- Write up to important 3 things on your to-do list or goals.  
Urgent is grocery shopping and work. Important tasks will take you to your goal of living a pain-free life.

Finally, do your 90-second exercise to rebalance your central nervous system.

Your journaling sets your subconscious in motion into problem solving mode as you sleep.



# HOW TO START MORNING YOUR JOURNAL

Studies have shown that progress is multiplied when a journal is used morning and night.

## Morning journaling:

- Wait to check your phone until you complete this.
- Then, put on a timer so you don't have to worry about time.

## Write in your journal:

- Reconnect with your future self, your plans.
- Review your to-do list or goals. Are they still important, or did your mind give you more information?
- Do your 90-second exercise.

You are now ready to start your day already a winner!





DATE

*Mood*

# EVENING JOURNAL

WHAT DID YOU DO WELL?  
WHAT WOULD YOU HAVE DONE  
DIFFERENTLY?

---

---

---

---

---

---

---

---

---

---

---

RECONNECT WITH  
YOUR 7 DAY GOAL

- 
- 
- 
- 

IMPORTANT TASKS TO  
REACH YOUR 7 DAY GOAL

- 
- 
- 
-

DATE

*Mood*

# MORNING JOURNAL

WHAT NEW IDEAS DID YOUR SUBCONSCIOUS SHARE  
LAST NIGHT?

RECONNECT WITH YOUR FUTURE

---

---

---

---

---

---

---

---

---

---

ANY NEW INFO ON YOUR  
GOALS?

- 
- 
- 
- 

IMPORTANT TASKS

- 
- 
- 
-

# HERE'S YOUR RECAP



I do not doubt that you don't have 15 minutes twice a day that you can find to begin creating the life you want.  
A pain-free life.  
You've got this!



---

USE THIS CHEAT SHEET IF YOU ARE USING YOUR OWN JOURNAL

---

# YOUR DAILY CHECK LIST

Use your phone's reminder or calendar to keep you to your commitment to your healing

## Each night:

- take up to 60 minutes
- review the good
- review what you could do differently
- connect with your vision of yourself in 7 days
- what is important to do tomorrow?
- listen to your 90-seconds

## Each morning:

- Before you check emails and social
  - set your 10 minute timer
  - see yourself at the end of your 7 days commitment
  - notice how you look and feel
  - listen to your 90-seconds
  - note your important tasks
-

## CONCLUSION

## *Fast Pain Relief Workbook*

First, thank you for honoring me with your trust. You gave me your most valuable resource; your time. And I sincerely thank you. I trust you got what you expected.

You did it!

Fill out your assessment as you did just 7 short days ago and compare how you were then to how you are now.

You completed your 7-day commitment to trying something different. Could you take a moment to reflect on how you felt just a week ago?

And now? How do you feel? More alive? Do you have more mobility? Are you sleeping more deeply? Take a moment and jot down in your notes how you feel right now.



*Thank you*

please fill out your assessment so you can  
verify your progress.



NEED MORE INSIGHT & PERSONALIZED SUPPORT?

# LET'S HAVE A CONVERSATION

So you're interested in seeing if you can get more relief? Could you schedule a time to share what you want with me? We talk for 30 minutes. No sales. No charge. Just a chance to tell me what's going on in your life. If I can help, I'll let you know, and we'll set up another time for you to hear what that would look like. If I can't, I promise to let you know. And if another modality or practitioner will help, I'll share that info if you want.

*Reserve Your Time Here*

