



# The Process to reorder your Mind

List your biggest struggle first and ask yourself 5 times WHY, to get a deeper understanding of the situation?

	What to change?	How to improve?	How to make fallbacks impossible or difficult?
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			

## ReOrder Process

### How to make your life exciting?



What do you want to change to enhance life-excitement?

- 1.
- 2.
- 3.

### How do you relief your stress pressure instantly?

What are your strategies to calm down? How can you control & prepair yourself in those situations?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.



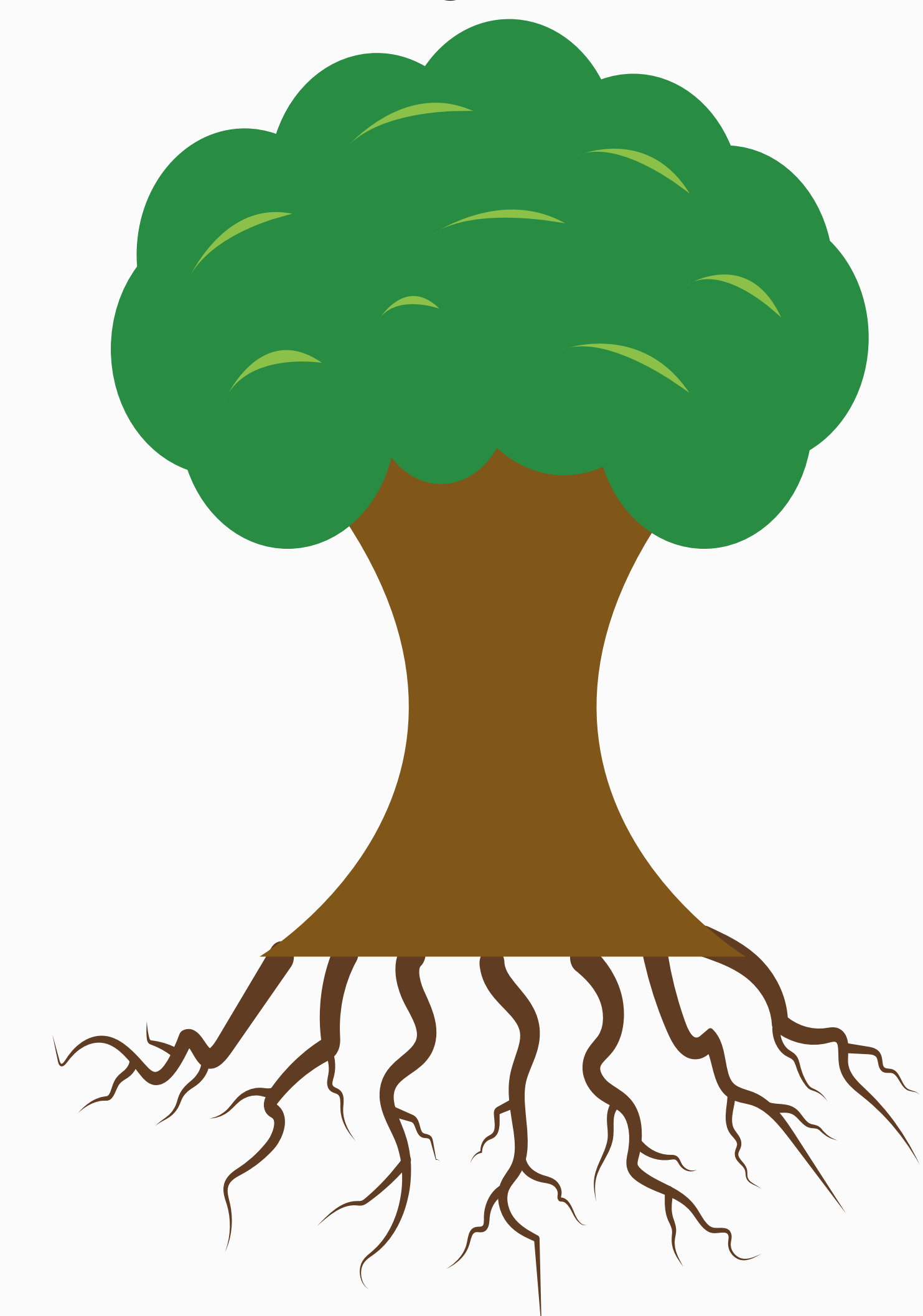
### High Positivity

What are your tricks to keep your mind in a positiv state? #moreCreativity

- 1.
- 2.
- 3.
- 4.
- 5.

### Tree of Super Success

Review, gain intrinsic motivation, loop & improve.



5. Process
4. Milestones
3. Timeline
2. Habits
1. Guideline