

DAILY CARE DIO INSTRUCTIONS





Appreciation For You

I'm guessing because it's showing you how you've let Little You down in the past Module 1 can be a bit challenging.

But I want also to appreciate you for the courage it takes to take responsibility for that. And the courage to take better care of Little You.

And to honor your courage...9 of these bad boys for you.



Now the *best* way I can honor your courage is to make sure your efforts get *results*.

And right now, you're going to learn an important component of this process that will ensure you get results by being consistent.

consistency = trust = calm.

With consistency and calm,

Daniel

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Love Athlete

As you may have noticed already
this process is serious business.

NSR is not for the faint of heart.

And NSR is not for everybody.

NSR is for people who are committed.

NSR is for people who are willing to put in the time
and train daily to get the results they want.

We call a person who is committed
to training for physical strength
with physical exercises, a physical athlete.

And since you're committed to building inner strength
by training with self-love exercises
you are what we call a Love Athlete.

To get physically strong...physical athletes work out.
But you are now a Love Athlete and you work...in.

Fun Fact

The phrase work in is where
the name for *Deep Core Work In* comes from.

The soothing audio and words
helps you shut off your mind
so, you can do a Work In on your Deep Core.

Inner Gym

Good news for you is that
NSR models itself on systems
that are already proven and tested.

One system that is already
proven and tested is a gym.

If you want to get stronger,
a gym is a simple, effective system that works.
If you work the steps and get the *results*.

And since on some level we want you
to be stronger on the *inside*
NSR is designed and engineered
to function like an *inner* gym.

Meaning, if you work the steps, you get you the *results*.

So, physical athletes need a place to work *out*.

And you're a Love Athlete and you need a place to work *in*.

And *NSR* is the Inner Gym where that will happen.



Reps

The key to getting results in a physical gym is to do simple exercises...and do them repetitively.

And since *NSR* is designed like an inner gym you'll be provided simple exercises and you'll also do them repetitively.

In a gym we call these repetitions of exercises...'*Reps*'

And so also in *NSR* we will call repetitions of exercises '*Reps.*'

So, moving forward we will refer to you doing your exercises as '*doing Reps*'

Now a physical gym is a predictable, confined space where it's pretty easy to have consistent focus. So, once you're in a gym it's pretty easy to do *Reps consistently*.

However, your life and feelings *aren't* predictable. And that makes it's hard to stay consistent.

So, to help make sure you *are* consistent we have come up with a way for you to have a predictable structure in your unpredictable life

Daily Caredio

Good news is that *NSR* is built like an Inner Gym

Where you need to do lots of Reps.

But just like any gym, the key to your success
is doing your *Reps* consistently.

And maybe you're thinking to yourself...

'Consistency sounds great Daniel'

'But consistency isn't always that easy '

'Especially when it comes to taking care of myself '

But as I've said before 'I won't let you fail.'

You'll be provided a daily schedule
So, you will know what to do and when.

To be physically healthy
and take care of their physical heart
...people do daily cardio.

And so, to be emotionally healthy
by taking care of your emotional heart
...you're going to do daily care-dio.

Get it...Daily Care-dio.

Oh man...how do I do it.

5 gold stars por moi



And without further ado...

Here is your *Daily Caredio*.

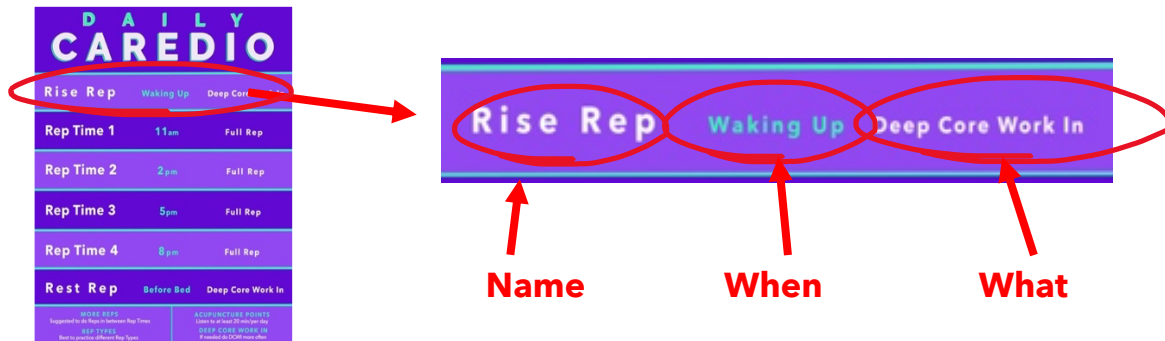
DAILY CAREDIO		
Rise Rep	Waking Up	Deep Core Work In
Rep Time 1	11am	Full Rep
Rep Time 2	2pm	Full Rep
Rep Time 3	5pm	Full Rep
Rep Time 4	8pm	Full Rep
Rest Rep	Before Bed	Deep Core Work In
MORE REPS Suggested to do Reps in between Rep Times REP TYPES Best to practice different Rep Types		ACUPUNCTURE POINTS Listen to at least 20 min/per day DEEP CORE WORK IN If needed do DCWI more often

As you may see the structure of *Daily Caredio* is very similar to the structure you've already been following

This was by design to give you practice following this structure ahead of time

While you are already familiar with this structure below we will go over each part of *Daily Caredio* so you are extra clear what to do and when.

Rise Rep



The first thing you will do each day is your Rise Rep. *Rise Rep* is a Rep you do in bed when Waking Up. For your *Rise Rep* you will do *Deep Core Work In*.

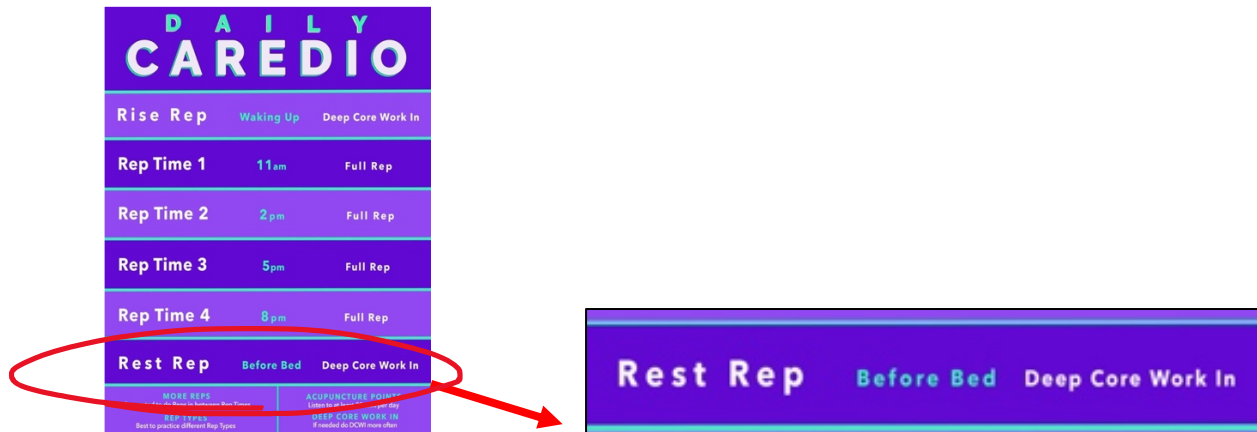
You have already been doing *Deep Core Work* when you wake up. So, just keep going it as part of *Daily Careudio*.

You do *Deep Core Work In* in bed, first thing because it's easier to connect to yourself before your distracting day has started.

Doing *Deep Core Work In* first thing helps you start the day with:

- a) Connecting to Yourself and Little You
- b) Setting an intention of connection and care.
- c) Reminding you of language you'll say to Little You during the day.

Rest Rep



Rest Rep is the Rep you do before bedtime.

And for your Rest Rep
you'll also do a *Deep Core Work In*

You have already been doing
Deep Core Work In before bed.
So, just keep going it as part of *Daily Caredio*.

Doing a *Deep Core Work In*
before bed/sleep/resting is very intentional:

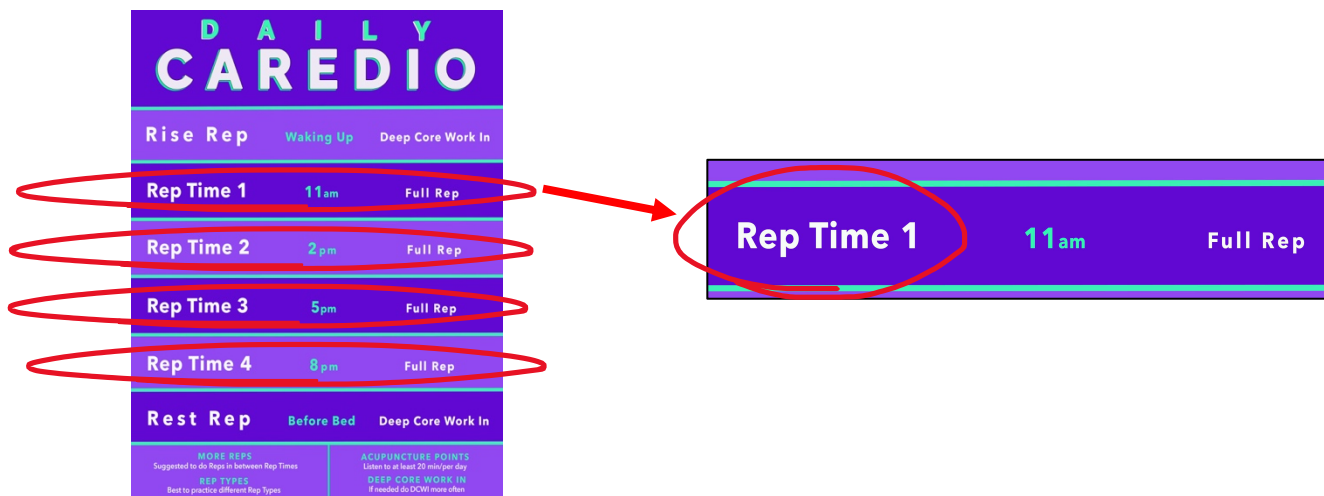
It helps you:

- a) Relax before bed to help with sleep
- b) Absorb the healing principles
into your unconscious while you sleep

Rep Times

NSR is effective when you do lots of *Reps* consistently,
However, throughout the day
it's easy to avoid/disconnect/distract ourselves.

So, to help you do *Reps* throughout the day
you'll see in *Daily Caredio* there are 4 *Rep Times*.



Rep Times:

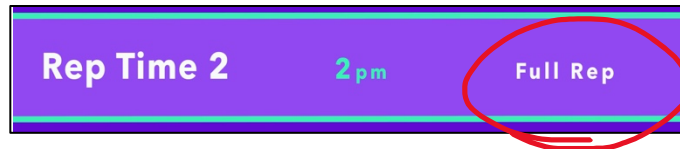
11am
2pm
5pm
8pm

At these *Rep times*
you will check in with how you're feeling.

If you feel anxious then do a *Full Rep*
with the exercises you're learning.

Full Rep

At each of the 4 *Rep Times*
you're asked to do a *Full Rep*



A Full Rep is:

- At least 5 minutes long
- Where you can fully focus and connect to yourself
- Where you fully follow all steps of the exercise

A *Full Rep* is at least 5 minutes long.

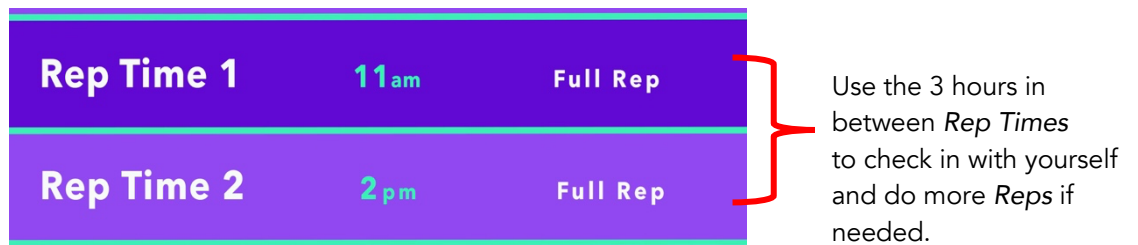
However, you should do it
as long as needed to feel calmer



Check In Requirements

Ideally you shouldn't let your anxious feeling be ignored for more than 5 minutes with noticing them/doing a *Rep*.

So, in the 3 hours between *Rep Times* you're also required to check in with yourself to see how you're feeling.



Check In Strategies

Soon, you'll get a recording called 'Check In Strategies' where you're provided two strategies to help you check in consistently. Those strategies are:

- Visual reminders
- Time reminders

Reminder Requirements

If you're able to notice your anxious feelings within 5-10 minutes you are not required to use reminders/times

If, however you're going more than 10 minutes without noticing how you feel and doing a *Rep* then you are required to use reminder strategies.

Daily Rep Flow

Here in the general flow of what to do in between *Rep Times*.

5 Minutes

The goal is to notice and become aware you're feeling anxious within 5 minutes of it happening.

Do A Rep

Once you notice you're feeling anxious do a *Rep*.

Mini vs Full

If you can quiet the feeling with a shorter *Mini-Rep* then that's all you need.

If, however, a *Mini-Rep* doesn't do the job, take the time do a *Full Rep*.

If 5-min of a *Full Rep* is all you need to quiet the feeling, then that is all you need.

If that is not enough, spend more time.

If, however, after 10-15 minutes, things aren't shifting it's best to compassionately stop and just try again another time.

Intention

The intention of the day is:

- a) To stay connected to yourself throughout the day
- b) Not let anxious feeling go ignored for more than 5 minutes
- c) Get lots of opportunity to do Reps and build trust with Little You

Find a healthy balance of doing *Full Reps* and shorter *Mini Reps* to honor this intention without taking too much time in your day.

Rep Requirements

Here is what you're required to do each day for your *Reps*.

FULL REPS

At least 4 times/day do a *Full Rep*

Either at the designated *Rep Times* of:

11am, 2pm, 5pm 8pm

And/or whenever feeling anxious in between *Rep Times*.

Full Reps are at least 5 minutes but more if needed

OTHER REPS

In Module 2 you'll learn different types of *Reps* you can do.

You're required to do at least 4 other Reps from this list.

RISE REP

In the morning when waking up do *Deep Core Work In*

REST REP

In the evening before bed do *Deep Core Work In*

Wrap Up

So, there you go.
A detailed, deep dive of *Daily Caredio*

Daily Caredio is the inner training structure
to help you stay consistent.

NSR is an innovative inner technology
and like any innovative technology
there is a bit of a learning curve.

So, if you aren't sure what to do, it's completely okay.

You won't fall behind or mess this up and not get results.

There is plenty of time to figure this out.

And take it sloooooow. No need to push.

If you're not sure what to do you can:

- a. Try to remember 'Intention not Perfection'
- b. Re-read the documents provided
- c. Know that after a few days of doing this
it will be clearer of what to do and when.