

INTRODUCTION & ORIENTATION





GET READY TO FEEL BETTER

Woo Hoo!!! You *made* it

Welcome to



You're here because you want to be free of what's holding you back.

One of the key elements of why *Nervous System Reset* is so effective at getting you that is because there is a very clear structure and framework along with clear instructions of what to do and when.

This structure and framework sets you up for success because instead of confusion and failure, you have clarity and hope.

So, in the name of clarity and hope, before you start the process I want to take some time to go over a few things so you have a better idea of what you can expect moving forward.

In this document you will learn:

- a) Why I'm proud of you and you should be too
- b) How you'll measure and track your results
- c) What to do expect in terms of results
- d) How the process is structured and laid out
- e) How you'll access the information you need.
- f) Some helpful words of guidance

With that said, let's dive into the information.
Starting with me giving you some love.

I'M GLAD YOU'RE HERE

Before we dive into all the nerdy details of this incredible process I want to first just say to you from the bottom of my heart, I'm so glad you're here.

I know things have been pretty tough for you for a while now.

Not only do you have to experience the horribleness of not living the life you want to be living but also, you've been looking for a solution and nothing has solved it.

Which let's face it is double sucky.
And I know that firsthand how sucky it is because
In my own way, I've been where you are now.

But this system saved my life. And I'm so glad you're here because now it can save yours too.

I'M PROUD OF YOU

Also, I just want say that I'm *proud* of you.

It took a lot of *courage* for you to be here.

Given what you've gone through
a lot of people would have given up by now.

But you aren't *most* people.

You're tired of living like this
and you are taking real action to live a better life.

I know sometimes you may beat yourself up for not changing faster.

But I hope you can also appreciate yourself
for the courage it takes to not give up.

And for the courage it takes to really want to change.

THERE'S NOTHING WRONG WITH YOU

Also, this needs to be said.

I know that since nothing really solved what you're struggling with
you might be thinking there is 'something wrong with you.'

That's how I felt when everything I tried didn't work.

But hear me now!!!

There is *nothing* wrong with you.

It's just the experts we all trusted to help us, while well intentioned,
had a very incomplete model of understanding of how to solve things.

The experts are good at managing things, but not getting you free of it.

And that is why you failed at being free of this.

But it's not *your* fault.
There is nothing wrong with *you*.

There *is* something wrong with the
effectiveness of what you have tried in the past.

You weren't given an effective system that was
engineered to get you free of what you're struggling with.

And that is exactly what *Nervous System Reset* is...a *system*.

A system with a complete toolkit and complete, step-by-step instructions
that has been engineered, tested and proven
to help you be free of what holds you back.



IT'S OKAY TO BE SKEPTICAL

And I know I'm talking a big game
and you're probably a bit skeptical this might not work

That's totally fine.

After all you've gone through
it's completely understandable to be skeptical.

But just know we've worked incredibly hard
over many years to make this process simple and *effective*
for anybody that tries it.

So, for now, it's fine to be skeptical.
But for your sake, I also ask you to stay open.

As you will see, this program is built different
from what you've tried in the past.
And because it's different you will get a different outcome
from what you've tried in the past

DO YOUR PART

Now as good as all this sounds,
NSR is not a magic pill.

NSR is engineered like an Inner Gym.
Meaning, if you follow the *steps*, you get the *results*.

But like any gym, you have to do your part. You have to show up.
The process works...but you have to go all in.
You have to commit.

Yes, the process has been engineered and tested to get results.
But *you* are the key ingredient.
However, if you the type of person to sign up for a program like this
then you already have the attitude and tenacity to make this work.

LET'S DO THIS

Okay, that's my welcome speech and pep talk.

Just wanted to give you a little love and support before we dive in.

Now at this point, please take the time
to read the rest of this document.

You don't have to memorize or understand everything here perfectly.

Just go over it, so you have a basic understanding
of how things will go and what to expect.

If you need to access any info in this document later in the program.
you can always come back and read it later.

In the meantime, happy learning and happy changing.

With appreciation for you and what's to come,

Daniel



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COMPUTER IS BEST

Everything included in *Nervous System Reset* (NSR) is available online.

Either from a computer or from a mobile device.

While it's possible to view the materials on a mobile device, it's suggested to also have access to a computer.

That's because many of the materials should be downloaded/saved/printed.

This can be difficult/challenging on a phone or tablet. So, you can go through *NSR* on a mobile device.

However, it's heavily suggested that when possible, you access materials from a computer. Especially when you want to download materials for later.

DOWNLOAD / PRINT INSTRUCTIONS

There are many documents and images in *NSR*.

For reference and easy access, it's suggested you download and print up most of the materials.

Here is how to do this.

STEP 1

In the process you will either see the thumbnails for the images and documents you will need.

STEP 2

Click on the image/thumbnail

STEP 3

You'll be taken to the file on Dropbox

STEP 4

Once in Dropbox you will see the image/document.

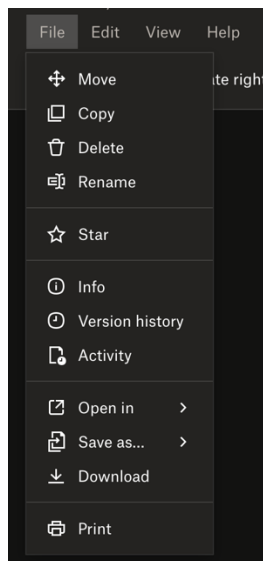
STEP 5

Then depending on what you need you can find instructions to save/download/print...etc.

To download look for this icon.



Or under 'File' you can save,download or print



SAVE TO YOUR PHONE

Some images you will need daily.
So, it's best to get these images on your phone.

You can do this either by saving the image to your phone

Or

You can open the file in Dropbox on your phone.
Then do a screen grab of the image and save to your photos.

WHAT TO EXPECT

It's human nature to want to know when you will start to notice results.

Of course, everybody is different. For some it works faster. For some it takes more time.

However, based on data from the last 200 test cases here is the typical experience

DAYS 1-3

You're mostly learning valuable information and theory. But you're not applying the tools yet.

For this reason, most people don't experience any noticeable improvement yet.

That said, within the first 3 days you will understand your situation better and that it's completely solvable. And this can definitely give you hope and optimism that the life you want to be living really is possible

DAYS 3-5

You will start applying the tools you learned.

Applying the tools should immediately help you lessen the intensity of your anxious feelings in the moment.

DAYS 5-10

You should start to feel an overall lessening in the intensity of your feelings and behaviors.

10% PER WEEK

Again, it's impossible to predict exactly your experience.

However, past data shows that overall symptom levels drop by about 10% per week.

So...

Week 1 = 10% improvement

Week 2 = 20% improvement

and so on...

This process however is non-linear and different for everybody.

So, if your improvement doesn't match the typical data, it's not a problem and doesn't mean it's not working.



SYSTEM HUB

If you are reading this it's because you were already given a link to the *NSR System Hub*.

www.danielpackard.com/nsr-system-hub

The System Hub page is the one page that gives you access to all the materials of the program.

The System Hub acts as a sort of home page of the program that then gives you access to all the materials of the program.

If later on, you aren't sure how to find a specific page of the program you can always return to the System Hub page and find your way to the page you need.

SAVE THE LINK

You should save and bookmark the System Hub link below.

Partly so you can use it during the program to access materials you may need.

Partly so you can access the materials of the program in the future...after the 6 weeks is over.

SYSTEM HUB LINK

<https://www.danielpackard.com/nsr-system-hub>

MODULES

One way *NSR* sets you up for success is by delivering the innovative information in a precise, highly intentional sequence.

Starting with fundamental concepts.
Then adding sophistication as you go.

This sequence of information
is delivered through Modules

There are 4 Modules in total.

Each Module is 10 days.

So, every 10 days
you will move onto the next module.

PUT IT IN YOUR CALENDAR

To ensure you stay on schedule
please make a note in your calendar
so that you know when the current module ends
and the next module begins.

STEPS

Another way *NSR* sets you up for success is to have the materials broken up into small, doable steps.

Each Module has between 3-6 steps.

CONSISTENT STRUCTURE

Each Module has a similar flow and structure.

First Steps

You learn the theory

Next Step

You learn an exercise to apply the theory.

Next Step

Do an exercise to deepen your understanding of the exercise.

Next Step

You start doing the exercises multiple times/day

ONE STEP PER DAY

Each step is designed to be done in one day.

So, Step 1 is done on day 1 of the module.

Step 2 is done on day 2...and so on.

What steps are done and on what day is explained in the Module Resource Center.

MODULE RESOURCE CENTER

EXPLANATION

Each Module has a lot of information.
All of the information you need is accessible at the
Module Resource Center.

Including:

- Links to Steps
- Schedule of when to do steps

But also:

- Module Images
- Module Diagrams
- Links for reporting
- Links for Audios

WRITE DOWN INSTRUCTIONS

Each Module has a lot of instructions.
It is suggested that after reading specific instructions
that require you to remember something
you write it down to help you remember.

LINKS TO MODULES

There are links to all 4 modules at the System Hub.

The link to the NSR System Hub is available above.

MEASUREMENT

A question you have is how do we/you know that you have experienced measurable results from this process.

QUESTIONNAIRES

In a bit you will be filling out a very thorough Intake Questionnaire.

This will give us a lot of valuable data about your life in many key areas.

Then at the end of your program you will do an exit questionnaire with all the same questions.

By comparing data between the intake and exit questionnaire we can see your measurable improvement.

DAILY REPORTS

Also, every day that you go through the program you will be reporting data on your experience.

This gives us data on how you are doing as you go through the program.

CONSISTENCY

The key to this process is consistency. Everything you have read so far is all in service of things being simple and easy to do, so you can be consistent and get *results*.

However, in order for you to be consistent we want to be clear of the following.

READ AND FOLLOW INSTRUCTIONS

To help you follow the steps and exercises you are given very thorough and clear instructions on what to do and when.

It is imperative you **read all instructions carefully**.
It is imperative you **follow all instructions precisely**.

ACCOUNTABLE

If you do not read and follow the instructions precisely you lose the protection of the 'No Change No Charge' Guarantee and will be charged at the end of the program regardless of your results.

This is to help you be careful and accountable so you follow the instructions, stay consistent and get results.

SUPPORT

We have worked very hard to make sure that all steps and instructions are clearly explained.

We have also supplied you with a thorough set of support documents and recordings that should answer most questions you may have as you go through the program.

So, if you are confused and have questions please go over all your materials and documents to see if the answer to your question is already explained.

If, however, you have gone over everything and you are still confused by what to do and when, feel free to reach out to us for help.

SUPPORT GUIDE

If you signed up for a program that includes a Support Guide you can certainly reach out to them for help and guidance.

CUSTOMER SUPPORT

If you are doing the program on your own then feel free to reach out to us at:

support@danielpackard.com

A member from our team will get back to you within 48 hours

ACUPUNCTURE POINTS

While this program is at its core quite simple, you may have some questions along the way.

You may also have some doubt and worry appear at times.

To address the questions and doubt, on Day 3 - Step 3, you will learn about a powerful component of this process called *Acupuncture Points*.

Acupuncture Points is a curated library of audio recordings that are there to:

- a) Answer common questions you may have
- b) Help address doubt and worry that may arise
- c) Help you go even deeper in to your process

To get the most out of this process you're asked to listen to at least 20 minutes/day of *Acupuncture Points*.

However, to be mindful of your time, *Acupuncture Points* are audio only.

So, you can listen to them while doing other things such as:

- Driving
- Commuting
- Exercising
- Preparing a meal

JUST KEEP SHOWING UP

As you can tell already from reading this far,
this process is a highly structured system.

Also, as you will soon learn,
there is a lot of information to learn and put into practice.

Good news is that it all works to get you results.

Downside is that all of this thoroughness and completeness
can at first be a bit intimidating and maybe even overwhelming.

Especially for your perfectionists out there
that you think you have to do things just right.

So, let me take the pressure off you right now.

Yes, there is a lot of information
and yes, there is a very specific structure you should follow.

That said, you do not have to get things right away or do things just right.

This entire system is based in a few simple key principles
that you will be practicing and mastering through constant repetition.

You do not have to understand things perfectly right away to get results.

Just like with a physical gym,
all you need to do is show up consistently and do your best.

You do that and the results will happen.

INTENTION NOT PERFECTION

This entire program is really just based in one key principle.
The principle that when you are struggling
give yourself *more* love, not *less*.

That's it.

And while that is simple, it's not easy.

Being truly kind and loving to ourselves is not natural
or what you were taught. So, you will not be perfect at this right away.

Good news is you don't have to be perfect at it to get results.

To get results you not need to do the steps *perfectly*.
To get results you just need to have the right *intention*.

The intention to give yourself more love not less.

It is the *intention*, not *perfection* that matters most.

So, as you go through this process
do your best not to worry about doing it 'perfectly' or doing it 'just right.'

Not only is doing this process perfectly not needed and impossible
but wondering if you're doing perfectly will create doubt
which will work against you.

So, as you go through this process, and you have questions
about whether you are doing it right or worried you are making mistakes
and won't get results...just try to remember what matters most.

Intention...not perfection.

Follow that north star and I promise
it will take you where you need to go.

NEXT STEP IS YOUR INTAKE QUESTIONNAIRE

Okay, that is all the basic info you need for now.

Again, don't worry about memorizing
or fully getting everything you read here right now.

As I already mentioned, if you need to access any info
in this document later in the program
you can always come back and read it later.

This was just an orientation to help you understand
and feel informed and more ready for what's to come next.

And speaking of what's to come next...
you can move on now to the next step of the Pre-Process Preparation
which is to fill out the Intake Questionnaire.

You can access the questionnaire at the Pre-Process Preparation page.

www.danielpackard.com/nsr-pre-process-preparation

Thanks for reading all this.

I hope it helped

And good luck in the next step.

With intention, not perfection,

Daniel