

Empower Quick Start System

Daily Activation Routine

Morning:

When you get up in the morning drink a glass of water, wait 5 minutes, then:

1. Power Up
2. Place your Empower Disc in right hand think about any physical problem areas for about a minute then say the word **GO!** If you experience any spontaneous movement wait until it stops before moving to next step
3. Think about what you would like to achieve today: ***at work, in relationships, in the gym, on a diet, on a mental or emotional level, etc.*** Think about **what** you want from life and **why** you are grateful for what you already have and the fact you are alive. Do this for two minutes while holding your disc in your right hand then say the word **GO!** If you experience any spontaneous movement wait until it stops.

Night

Before you go to bed at night take a couple of sips of water or more if this doesn't affect your sleeping patterns, wait 5 minutes then:

1. Power Up
2. Place your Empower Disc in right hand think about any physical problem areas for about a minute then say the word **GO!** If you experience any spontaneous movement wait until it stops before moving to next step
3. Think about what you would like to achieve tomorrow: ***at work, in relationships, in the gym, on a diet, on a mental or emotional level, etc.*** Think about what you want from life and why you are grateful for what you already have and the fact you are alive. Do this for two minutes while holding your disc in your right hand then say the word **GO!** If you experience any spontaneous movement wait until it stops.

Its best to do this morning and night but if you are unable to do it in the morning because you're rushing to get ready for work do it at least once a day at night before bed.