




Get In Sync

<p>1. Write down or draw an issue or problem you are experiencing.</p>	
<p>2. Practice the Get in Sync Tool. Shift to the heart. Activate a warm feeling. Breathe deeply. Then ask, "What is the best way to handle this situation or issue?"</p>	
<p>3. Write down or draw what the best way to handle this situation is.</p>	