

30 Day Anxiety Course

WEEK 1 - Understanding The Role Of Anxiety

Day 1	Welcome Day 1: Download Your Workbook Getting Started - Day 1!
Day 2	Tapping Day 2: 10 Minute Anxiety Buster Day 2 - The 10 Minute Anxiety Cure
Day 3	Importance of Release Day 3: Could You? 🎵 Let it go, let it go.... 🎵
Day 4	Tapping Review & NASA Day 4: What Can NASA Help Us With On This Journey? This is NASA - approved, Andy
Day 5	McGonigal Day 5: This Is Where The REAL Problem Lies... It's NOT the stress that kills you. Whaaaat?
Day 6	Cold Showers Day 6: Can Cold Showers Help Manage Stress? Cold Showers? Really?
Day 7	Week 1 Review Day 7: Three Frogs Were Sitting On A Log... 7 Days in...

WEEK 2 - Anxiety And Sleep

Day 8	Week 2 Day 1 Day 8: The Role Of Brainwaves In Sleep Day 8 - Sleep Week begins
Day 9	Day 9: Sleep Week Day 9 - The Car Park... Day 9 - Get Out of gamma, Andy
Day 10	Week 2 Day 3 Day 10: Sleep 'Hacks' Day 10 - Sleep Hacks
Day 11	Week 2 Day 4 Sleep Meditation Day 11: Breathing Exercises & The Role Of Meditation Day 11 - Breathing & Meditation
Day 12	Week 2 Day 5 Day 12: Sleep Hacks #2 Day 12 - More Sleep Hacks
Day 13	Week 2 Sleep Meditation Day 13: You Are Feeling Sleepy... Day 13 - Do this each night
Day 14	Week 2 Day 7 Day 14: Week 2 - Nodded Off Yet? Day 14 - Sleep week review

WEEK 3 - Delving Deeper Into The Subconscious

Day 15	Week 3 Day 1 Day 15: Thinking vs Feeling Day 15 - The Subconscious Mind Week!
Day 16	Week 3 Day 2 Day 16: Are Your Feelings Justified? Day 16 - The Cookie Thief
Day 17	Week 3 Day 3 Day 17: The Subconscious - Powerful Yet Gullible Day 17 - Your subconscious is like soil, Andy
Day 18	Week 3 Day 4 Future Self Day 18: Fast Forward... Day 18 - Your new best friend, Andy
Day 19	Week 3 Day 5 Vibration Energy Day 19: Good Vibrations! Day 19 - did you feel the vibes, Andy?
Day 20	Week 3 Day 6 Reframing Day 20: What Is 'Reframing' And How Can It Help You? Day 20 - Reframing
Day 21	Week 3 Day 7 Day 21: Week 3 Review - The Subconscious Day 21 - Week 3 review

WEEK 4 - Managing Your Self-Talk

Day 22	Week 4 Day 1 Day 22: Let'sssss Have A Chat... Day 22 - It's all about the sssself talk, Andy
Day 23	Week 4 Day 2 Day 23: Let's Go A Little Deeper Day 23 - Your 'control room', Andy
Day 24	Week 4 Day 3 Day 24: The Role Of Gratitude Day 24 - Thank You, Andy
Day 25	Week 4 Day 4 Day 25: A Powerful Story With Multiple Applications... Day 25 - Feed your Good Wolf, Andy
Day 26	Week 4 Day 5 Day 26: Make Positive Self Talk PERMANENT Day 26 - Embedding Affirmations Within Andy's Energy System
Day 27	Week 4 Day 6 Day 27: The Placebo Effect Day 27 - The Power of Mindset
Day 28	Week 4 Day 7 Day 28: How Can CBT Help Me Manage My Internal 'Chatter'? Day 28 - using CBT to combat negative thoughts
Day 29	Day 29 Day 29: Another Powerful NLP Technique Anchors Aweigh, Andy!
Day 30	Day 30 - Review Day 30: Let's Bring This Together Day 30 - Review, or 'so what', Andy