



# My Perpetual Superhero's Journey 99-Second Yoga Habits to Upgrade My Brand

9 Minutes Daily Self-Leadership, Self-Accountability & Self-Care Log for \_\_\_\_\_



**Congratulations!** You are ready to *posture* the peace and power of the Superhero Effect™ – *The Science of Choosing Emotional Balance*. Managing stress *caused by* narcissistic abuse/neglect **and** *by* your addictions, anxiety, anger, depression, fear, guilt, and shame is *hard*. It's *hard* to be sick, *and it's hard* to heal. It's *hard* to **STOP** worrying about the past and the future. It's *hard* to **START** being present moment aware. **Choose your hard.** This science-based tool – *Upgrade My Brand Log* – enables you to **choose** to **pause** rather than *habitually* react to triggers that cause emotional hijack. Embark on **your** Perpetual Superhero's Journey by building *easy* daily habits! Fill in *My 7-Day Range*. **EVERYDAY** circle or **highlight the letter** of ALL FIVE **B.L.I.S.S.** yoga habits upon completion. I started **Day 1** for you. Set a 99-second timer. Count down "99, 98, 97..." Do "**B**" for Breathe *now!* Commit to 9 minutes per day *minimum*. Combine habits! **Practice** *choosing to habitually* pause – *do not react!* – when you are provoked or delayed *forever*. **Life is Full of Choices.**

- **Habit 1** | **B**reathe or **B**ounce! **Practice** 2:1 breathing **and/or** bouncing. *Why? Traffic. Dentist. Relationship issue. Felony prevention. (Seriously.)*
- **Habit 2** | **L**augh or **L**ove! **Practice** laughing **and/or** loving? *What to do? Hug your kid. Pet your cat or dog. Watch funny videos. Talk to your plants.*
- **Habit 3** | **I** AM Inspirational Incantations! **Practice** incantations? *How? In the mirror. Or make an audio, video. Why? Feeling sad, mad, inspired?*
- **Habit 4** | **S**mile or **S**ing! **Practice** singing **and/or** smiling? *When? How did it make you feel? Walking. Driving. Showering.*
- **Habit 5** | **S**tart **O**r **S**top (**S.O.S.**) **Practice** a *new* 99-second daily habit! **Write it on dotted line daily.** *See student-inspired S.O.S. habit suggestions below.*

Share Log with friends, family, co-workers, potential partners. *Think dating app. Would you date you?* This **unveils your choices.** **Lazy? Forgetful? Overambitious? Indifferent?** If you skip a day, *forgivingly* start over. **Enter Notes-to-Self Daily. Enter Score Weekly. Repeat Forever.**

My 7-Day Range (month/day): \_\_\_\_\_ / \_\_\_\_\_ - \_\_\_\_\_ / \_\_\_\_\_

**B. L. I. S. S. Day 1** \_\_\_\_ / \_\_\_\_ **S.O.S.** ..... **START** **posturing** a *morning heart-centered ritual like the Lord's Prayer or meditation.*

Day 1 Notes-to-Self: \_\_\_\_\_

**B. L. I. S. S. Day 2** \_\_\_\_ / \_\_\_\_ **S.O.S.** ..... **STOP** **poisoning** your *evening brain with technology use and EMF exposure.*

Day 2 Notes-to-Self: \_\_\_\_\_

**B. L. I. S. S. Day 3** \_\_\_\_ / \_\_\_\_ **S.O.S.** ..... **START** **drinking** pure water and consuming healthy food consciously.

Day 3 Notes-to-Self: \_\_\_\_\_

**B. L. I. S. S. Day 4** \_\_\_\_ / \_\_\_\_ **S.O.S.** ..... **STOP** **eating** toxic, fake food, excess sugar, and bad fats.

Day 4 Notes-to-Self: \_\_\_\_\_

**B. L. I. S. S. Day 5** \_\_\_\_ / \_\_\_\_ **S.O.S.** ..... **START** **practicing** sun and moon salutations religiously.

Day 5 Notes-to-Self: \_\_\_\_\_

**B. L. I. S. S. Day 6** \_\_\_\_ / \_\_\_\_ **S.O.S.** ..... **STOP** **wasting** time with dark energy people. **BE THE LIGHT!**

Day 6 Notes-to-Self: \_\_\_\_\_

**B. L. I. S. S. Day 7** \_\_\_\_ / \_\_\_\_ **S.O.S.** ..... **START** **posturing** present moment awareness. **Blissfully Eat, Pray, LOVE!**

Day 7 Notes-to-Self: \_\_\_\_\_

**My Perpetual Superhero's Journey Follow My B.L.I.S.S. Weekly Fitness Score:** \_\_\_\_\_ / 7 | 7/7 = **A+** | 6/7 = **B** | 5/7 = **C-**

*More S.O.S. habit suggestions:* **Stop** consuming bad news. **Start** a heart brain health ritual. **Stop** (excessive) swearing. **Start** an outdoor grounding ritual. **Stop** wasting your sacred life on useless distractions. **Start** reading quality material to learn new skills. **Stop** lying to yourself and others. **Start** learning how to listen. **Stop** harming yourself. **Start** celebrating small victories. **Stop** gossiping. **Start** forgiving and releasing trauma from your beautiful body. **Stop** blaming others for **your** mean words, actions, and inaction. **Start** practicing Self-Love. **Stop** being hateful. **Start** asking yourself better questions like: "What's great about this?"

Resources: Podcast #HabitsThatUpgradeYourBrand | SuperHeroEffect.US | VeraQuijano.com | B.L.I.S.S. Partner \_\_\_\_\_