

# What to Do



**Angela Treat Lyon**

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# What to Do Options

For a horrible

grumpy

very crabby

hopeless, burned-out

feel-like-you're-pushing-wet-rope

I-should-run-away-and-join-the-circus

Kind of day

# 1.

Bury head in sand while screaming and kicking (being careful not to ingest little crabs)





## 2.

Find something (or someone) to be thankful for.

Celebrate it (them)!

# 3.



Bury butt in sand and refuse to move until Spirit has sent you either: a million dollars, a special message, 29 allies, or your soul mate. (Let me know how this one goes—I've been thinking of using it myself....)

# 4.



Get out and get some exercise.

# 5.

Eat some Chocolate





## 6.

Re-state  
your goals  
and  
re-commit to  
manifesting  
them  
**no  
matter  
what**

Make sure you write out a list of at least ten specific things: how you want to be and feel, what you intend to do, and what you'd like to have.

# 7.

Using EFT, tap to transform limiting thoughts, beliefs and emotions into useful thoughts, ideas, and lots more energy





**8.**

**Celebrate**  
at the end of  
your day

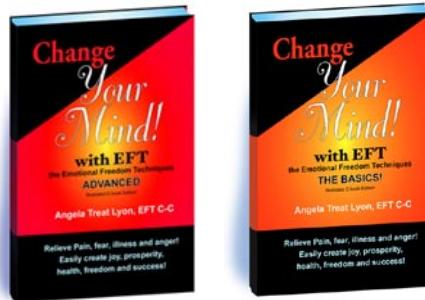
# An Invitation:

Discover how to do EFT at [EFTBooks.com](http://EFTBooks.com). You can even download a free, illustrated book that shows the simple, easy, rapid way to get great results. There's a free audio that takes you through a mini-session, too!

Unless you are Wonder Woman or Superman, and are utterly and completely free of any shreds of fear, anger, resentment, grief, laziness, addiction, distraction or ill health on any level, you will probably want to learn this simple technique.

I use it myself and with my coaching clients all the time to get maximal results in minimal time.

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And, you might also want to  
get **Change Your Mind! with EFT** at  
[EFTBooks.com](http://EFTBooks.com)

Call for individual and business  
Success Coaching: 808-261-0941  
[Lyon@EFTBooks.com](mailto:Lyon@EFTBooks.com)

**My best aloha to you, your health, Dreams,  
success, happiness, and prosperity!**

*Angela*

Angela Treat Lyon

