

R.I.S.E.™ TECHNIQUE

CHEAT SHEET *Your 3–5 Minute Mindset Reset Protocol*

WHAT IS THE R.I.S.E.™ TECHNIQUE?

The **R.I.S.E.™ Technique** is a rapid emotional clarity tool used to shift your state when you're feeling overwhelmed, distracted, or emotionally stuck.

It's designed to be completed in 3–5 minutes and can be used any time of day, especially in moments of stress or low motivation.

THE 4 STEPS OF R.I.S.E.™

1. Reconnect

Stop. Breathe. Place your attention on your **body**.

Ask: *"Where am I holding tension? What am I feeling physically right now?"*

Breath cue: Inhale for 4, hold for 4, exhale for 6.

2. Identify

Acknowledge the **emotion or thought pattern** currently active.

Ask: *"What emotion is driving me? What triggered this?"*

Name it: Fear, Frustration, Boredom, Guilt, Confusion, etc.

3. Shift

Choose a new **anchor** or direction. Ask:

"What would serve me better in this moment? What would a powerful version of me choose?"

Choose a mantra, power question, or physical cue (e.g., stand tall).

4. Execute

Take a **micro-action** that reinforces the new state.

Examples:

- Reopen the task you avoided.
- Send that message.
- Go for a 2-minute walk.

The key is **movement** – shift into aligned momentum.

WHY IT WORKS

- Interrupts emotional spirals in the moment.
 - Activates conscious awareness and choice.
 - Reconnects mind and body.
 - Builds identity-based discipline over time.
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USE WITH:

- **MOJO TODAYLIST™** – when you feel stuck mid-task.
 - **DNA GOALS™** – to realign with who you are becoming.
 - **MOJO-JOURNAL™** – as a daily check-in or reflection tool.
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GRABLIFE™ Reminder:

Your power isn't in controlling everything — it's in choosing how you respond.

Use R.I.S.E.™ to return to center, then move forward with clarity.

Use it. Repeat it. Master it.

