

Tame the Chaos  
Jumpstart Course  
With Tammy Mastroberte

**Workbook**

# Week 1 Homework

## 60-Second Breaks

Every day this week, set an alarm on your cell phone to go off **at the top of every hour** for at least 10 hours of the time you are awake. When the alarm goes off take 60 seconds to do the following:

Close your eyes and as you breathe in and out, repeat the mantra:

“I am connected. I am love. All is well. I am safe.” OR any other mantra you would like to use. You could use a portion of this or simply the word “Release” over and over.

***NOTE: Also do this any time you feel stressed, chaotic or overwhelmed during the day!***

Any questions or to share your experience, head over to the **Members Only Facebook Group!**

# Week 2 Homework

1. **Anchor Your Day with Spirit:** Every day this week, listen to the **Reconnection Meditation** in the meditation library of the membership site to start and to end your day.
2. **Continue your 60-second breaks from week 1.**  
Every day this week, set an alarm on your cell phone to go off **at the top of every hour** for at least 10 hours of the time you are awake. When the alarm goes off take 60 seconds to do the following:

Close your eyes and as you breathe in and out, repeat the mantra:

“I am connected. I am love. All is well. I am safe.” OR any other mantra you would like to use. You could use a portion of this or simply the word “Release” over and over.

***NOTE: Also do this any time you feel stressed, chaotic or overwhelmed during the day!***

**Any questions or to share your experience, head over to the Members Only Facebook Group!**

# Week 3 Homework

1. **Continue Anchoring Your Day with Spirit:** Every day this week, listen to the **Reconnection Meditation OR one of the 3-Minute Meditations** in the meditation library of the membership site to start and to end your day.
2. **Continue your 60-second breaks from week 1 & 2.**  
Every day this week, set an alarm on your cell phone to go off **at the top of every hour OR do it 3 times per day** and take a 3-minute break instead. When the alarm goes off take 60 to 90 seconds to do the following:

Close your eyes and as you breathe in and out, repeat the mantra:

**“I am connected. I am love. All is well. I am safe.” OR any other mantra you would like to use. You could use a portion of this or simply the word “Release” over and over.**

**THEN take 30 seconds to release all of your worries or stresses to the Universe. List out all the situations, people or circumstances you are worried about, surrendering them to the Universe and end with “I surrender all of this to you to sort out and handle. I trust the answers will come and will be in my highest good and the highest good of all involved.**

**Any questions or to share your experience, head over to the Members Only Facebook Group!**

# Week 4 Homework

1. **Continue Anchoring Your Day with Spirit:** Every day this week, listen to the **Reconnection Meditation OR one of the 3-Minute Meditations** in the meditation library of the membership site to start and to end your day.
2. **Continue your 60-second or 3-minute breaks, but here are your options to change it up:**
  - a. After you repeat your mantra for 60-seconds, you can continue surrendering your worries as you did last week and then **ADD** in listing three things you are grateful for in that moment.
  - b. **OR** you can just do the gratitude and not list the worries if there isn't anything troubling you!
3. **Start a Gratitude Journal –** Every night before you go to bed, list out with a pen and paper (it can be a pretty journal or a notebook – and you can also do it on your phone if you prefer – and list out 5 things you are grateful for that day. Start it with, “I am so very grateful for....”

**Any questions or to share your experience, head over to the Members Only Facebook Group!**