

# 30 Day Shift Your Mind Journal



# Relax *and* Get Rich

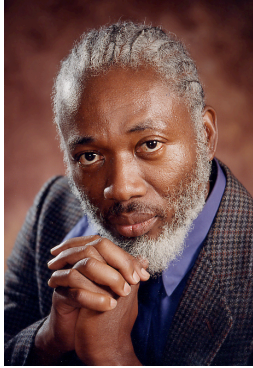
**By Cecil McIntosh**

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**\*\*\* READ ME FIRST \*\*\***

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"A personal welcome from Cecil McIntosh"



Cecil McIntosh

Dear Friend,

Congratulations on your investment in ***Staying Connected!***

Step #1

Listen to the Morning Meditation (first thing in the morning)  
Make notes in your 30-day manual.

Step #2

Listen to the evening Meditation (after work or before going to bed).  
Make notes in your 30-day manual.

Step #3

Repeat Daily.

Step #4

After day 10 summarize your progress of the last 10 days.

Step #5

Repeat steps #1, #2, and #3

Step #6

After the next 10 days summarize your progress of the last 10 days.

Step #7

Repeat steps #1, #2, and #3.

Step #8

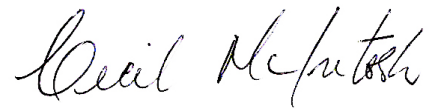
After the next 10 days summarize your progress of the last 10 days.

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**\*\*\* READ ME FIRST \*\*\***

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Looking forward to hearing about YOUR success story!

A handwritten signature in black ink that reads "Cecil McIntosh". The script is fluid and cursive, with the first letters of each word being capitalized and prominent.

Cecil McIntosh, Founder/Developer  
Empty Your Cup® Process  
Change Perspective  
905.274.0632  
info@emptyyourcup.com

<http://www.emptyyourcup.com/coaching/>

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# DAY 1

After each meditation:

1. What insights did I receive?
2. What emotions did I experience?
3. How does my body feel?
4. What lessons did I learn?

## DAY 2

After each meditation:

1. What insights did I receive?
2. What emotions did I experience?
3. How does my body feel?
4. What lessons did I learn?

## DAY 3

After each meditation:

1. What insights did I receive?

What is the difference between day one answers with today's answers?

2. What emotions did I experience?

3. How does my body feel?

4. What lessons did I learn?

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## DAY 4

After each meditation:

1. What insights did I receive?
2. What emotions did I experience?
3. How does my body feel?
4. What lessons did I learn?



## DAY 5

After each meditation:

1. What insights did I receive?

2. What emotions did I experience?

What's the difference between day three answers and today's answers?

3. How does my body feel?

4. What lessons did I learn?

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## DAY 6

After each meditation:

1. What insights did I receive?
2. What emotions did I experience?
3. How does my body feel?
4. What lessons did I learn?

## DAY 7

After each meditation:

1. What insights did I receive?

2. What emotions did I experience?

3. How does my body feel?

What is the difference between day FIVE answers with today's answers?

4. What lessons did I learn?

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## DAY 8

After each meditation:

1. What insights did I receive?
2. What emotions did I experience?
3. How does my body feel?
4. What lessons did I learn?

## DAY 9

After each meditation:

1. What insights did I receive?

2. What emotions did I experience?

3. How does my body feel?

4. What lessons did I learn?

What is the difference between DAY seven answers and today's answers?

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## DAY 10

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After each meditation:

1. What insights did I receive?
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
2. What emotions did I experience?
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
3. How does my body feel?
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
4. What lessons did I learn?

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# 10 DAY SUMMARY OF YOUR EXPERIENCES

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(USING YOUR NOTES FROM DOCUMENTING YOUR MEDITATIONS)

1. What positive things show up?

2. What negative things are happening?

3. What lessons did I learn?

4. Any other observations?

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# DAY 1

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After each meditation:

1. What insights did I receive?
2. What emotions did I experience?
3. How does my body feel?
4. What lessons did I learn?

## DAY 2

After each meditation:

1. What insights did I receive?
2. What emotions did I experience?
3. How does my body feel?
4. What lessons did I learn?

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## DAY 3

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After each meditation:

1. What insights did I receive?

What is the difference between DAY one's answers and today's answers?

2. What emotions did I experience?

3. How does my body feel?

4. What lessons did I learn?



## DAY 5

After each meditation:

1. What insights did I receive?

2. What emotions did I experience?

What is the difference between DAY Three's answers and today's answers?

3. How does my body feel?

4. What lessons did I learn?

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## DAY 6

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After each meditation:

1. What insights did I receive?
2. What emotions did I experience?
3. How does my body feel?
4. What lessons did I learn?



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## DAY 7

---

After each meditation:

1. What insights did I receive?

2. What emotions did I experience?

3. How does my body feel?

What is the difference between DAY five's answers and today's answers?

4. What lessons did I learn?

## DAY 8

After each meditation:

1. What insights did I receive?
  
  
  
  
  
  
  
  
  
  
  
2. What emotions did I experience?
  
  
  
  
  
  
  
  
  
  
  
3. How does my body feel?
  
  
  
  
  
  
  
  
  
  
  
4. What lessons did I learn?

## DAY 9

After each meditation:

1. What insights did I receive?
2. What emotions did I experience?
3. How does my body feel?
4. What lessons did I learn?

What is the difference between DAY seven answers and today's answers?

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## DAY 10

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After each meditation:

1. What insights did I receive?
2. What emotions did I experience?
3. How does my body feel?
4. What lessons did I learn?

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# 10 DAY SUMMARY OF YOUR EXPERIENCES

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(USING YOUR NOTES FROM DOCUMENTING YOUR MEDITATIONS)

1. What positive things show up?

2. What negative things are happening?

3. What lessons did I learn?

4. Any other observations?



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## DAY 2

---

After each meditation:

1. What insights did I receive?
2. What emotions did I experience?
3. How does my body feel?
4. What lessons did I learn?

## DAY 3

After each meditation:

1. What insights did I receive?

What is the difference between DAY One's answers and today's answers?

2. What emotions did I experience?

3. How does my body feel?

4. What lessons did I learn?



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## DAY 4

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After each meditation:

1. What insights did I receive?
2. What emotions did I experience?
3. How does my body feel?
4. What lessons did I learn?

## DAY 5

After each meditation:

1. What insights did I receive?

2. What emotions did I experience?

What is the difference between DAY three's answers and today's answers?

3. How does my body feel?

4. What lessons did I learn?

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## DAY 6

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After each meditation:

1. What insights did I receive?
2. What emotions did I experience?
3. How does my body feel?
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After each meditation:

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What is the difference between DAY five's answers and today's answers?

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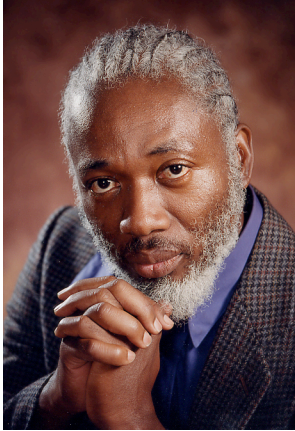




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## ABOUT CECIL MCINTOSH

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Cecil McIntosh, B.B.M., CHT., is a gifted teacher and coach who is the expert on relaxing. He is the founder, developer, designer, teacher and coach of the Empty Your Cup® (EYC) process.

The (EYC) process facilitates Eastern and Western philosophies. The Eastern philosophy is based on knowing and finding yourself and the Western philosophy is based on material acquisition. The (EYC) process helps you find the appropriate balance between Eastern and Western thinking.

The (EYC) process is a 14 year synthesis of the cutting edge methodologies like Hypnotherapy, Neuro-linguistic Programming (NLP) and Energy Work. The (EYC) process begins with a method of relaxing that is quick and practical.

Cecil is a member of the Canadian association of NLP (CANLP) and the National Association of Transpersonal Hypnotherapist (NATH). He is the director of research and training for Change Perspective located in Mississauga, Canada.

He had over 25 years of experience in sales and was graduated with a four-year degree in business management from Ryerson Polytechnical Institute. Cecil is also the author of many audio CDs and video products for relaxation and meditation. He provides seminars, workshops and coaching to help you relax anyplace, anytime.

Cecil experienced profound momentum on his journey, when his marriage ended in divorce. He now is enjoying a healthy relationship with his life partner and four children, ages 25, 23, 20, 18 and one granddaughter.

Contact Information  
Change Perspective  
Mail to: P.O. Box 45011  
81 Lakeshore Road E.  
Mississauga, Ontario  
L5G 1B0 Canada  
Tel: (905) 274-0632  
Fax: (905) 274-0236  
Website: [www.emptyyourcup.com](http://www.emptyyourcup.com)

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