



Nervous System Reset

Your greatest superpower is
making choices.

Your focus and behavior create your reality.

The goal is not to control what happens to you...

*...but your (manifestation) power lies in how you handle life
in each present moment.*



*Trust and enjoy the process..
..you've got this!*

With passion, Diederik



Dear you,



It has been scientifically proven that we are capable of creating new neural pathways in our brains; this is called neuroplasticity.

The key here is recognizing destructive behavior and then making conscious choices to create new, constructive patterns.

It is equally important to demonstrate this behavior repeatedly and consistently, as this is what forms new neural pathways.

While you are in the process, you may not yet be able to fully 'understand' or 'feel' all of this, but it represents your potential.

Go for it—step by step—without expectations; don't let anything hold you back, and you'll notice results along the way!



Show up, for yourself

— ✨ —

Ultimately, you are the
medicine!

*Self-awareness, self-discipline, surrender, and conscious
choices are central to this.*

*You have to do it yourself, but you don't have to do it alone.
Hence this sheet.*

'We are walking each other home'



If I don't make a
conscious choice, my
patterns make the
choice for me.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
meditation/ mindfulness							
(cold) shower							
somatic exercises							
read, follow workshop							
listening to music							
sport/ work-out							
yoga, tai chi, qi gong							
walking/running/cycling							
(digital) detox							
gardening, DIY, cooking							
(free) dancing							
have a connected conversation							
singing/humming/whistling							
(self)massage							
daybreaker (mindful break)							
rest/ take a nap							
journaling/ drawing/ painting							
go into nature (barefoot)							
swimming, sauna, bath, infrared							
herbal tea, cacao							
healthy food							
intimacy and humor (with others)							
sense of purpose (soul mission)							
play an instrument / make music							
day out / half-day out / holiday							
creative expressions							
learn a new skill							

Prove it by doing it, so it will change >>> Let's create new neuropathways!

Step out of your comfort zone? >>> extra credits!