

RE: What “tool” to use and when:

Toolboxes contain screwdrivers, hammers, pliers and all kinds of things...you use each of them at different times – sometimes together – but each with its specific purpose. The same with our tools. You can let go of your need to do them all at once and work them into your life gradually.

- A) The forgiveness worksheet is what we consider the “foundation” and should be used daily (michael says 5 a day for 40 days). If you go to <http://www.whyagain.com/worksheets.php> you will find the most recent forgiveness sheet (if you haven’t already found it) and the new version of chapter 24 which explains filling in the worksheet in detail.
- B) In relationships (even with yourself) use the Commitment to others and speak the “Commitment to Myself” daily. You’ll find all the commitments at this link <http://www.whyagain.com/commitment.php>
- C) Then if you want to find your purpose in life (which is not punching a time clock) use the Purpose Worksheet.
- D) The Mind Goal Management is a daily worksheet to guide you in setting and cancelling daily goals. You should only set a goal you can accomplish in 24 hours.
- E) “Three Early Memories” and “When I Heal” go hand in hand and deal with relationship issues.
- F) “Co-Dependence to Inter-Dependence” is an advanced relationship worksheet.
- G) “MindShifters” is a super powerful way of digging in and bringing up the unconscious stuff.

Together they make a whole package – individually they each work in different arenas in your life. Pick and choose moment by moment which one serves you and use them all. In an intensive people will ask “which tools” or “what do I do in this case...” and michael writes on the board “ALL OF THE ABOVE”

Watch and listen to our videos/audios as each of the above are covered in different DVDs and CDs – sometimes you have to watch the same one repeatedly for the information to really be understood – keep watching!

<http://www.whyagain.com/Jeaniesviewpoint.php> is a link where you can read my viewpoint of each workshop – my reviews might direct you somewhat towards a particular starting point for using each of the tools. And do use each one – just give yourself some space and time for “building brain cells” and practice, practice, practice. And BREATHE!!!

Thank you for being willing to do your work. Blessings, Jeanie