

# THE SDRR PROCESS

## STOP

The second you catch yourself having a negative thought or thoughts, immediately STOP.

## DROP

Consciously DROP that thought or thoughts into a bin of your creation.

## RELEASE

RELEASE the contents of that bin to your UNITY Bubble with your appreciation and gratitude.

## REPLACE

REPLACE that negative thought or thoughts with its POSITIVE counterpart... and smile. Well done!

