

TheTRUSTCard® **Flight Path No. 1** Expanded 3.0





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This Material along with the protocols, procedures, algorithms and studies included, contain the opinions and ideas of its author. It is intended to Assist An Individual Who May Wish to Improve Her/His Personal-Individual Stress Levels. It is presented with the understanding that the author is NOT engaged in rendering Life Or Death, Emergency Medical, Law Enforcement Or Legal Advice Or Services.

If any reader or user, ESPECIALLY IF A MINOR (UNDER 18), requires such Life Or Death, Law Enforcement, Emergency Medical Or Legal Advice Or Services, A COMPETENT LAW ENFORCEMENT, EMERGENCY, MEDICAL, OR LEGAL PROFESSIONAL SHOULD BE CONSULTED RIGHT AWAY BY IMMEDIATELY CALLING 9-1-1.

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THE APPROPRIATE FEDERAL, STATE, AND/OR
LOCAL AUTHORITIES INCLUDING BUT NOT
LIMITED TO ANY AND ALL HEALTH AND
HEALTHCARE MEASURES AND/OR
PRECAUTIONS WHICH MAY BE MANDATED.**

THANK YOU ... THE BOARD OF DIRECTORS

TheTRUSTCard® **Flight Path No. 1** Expanded 3.0



Do You Have a Copy of The TRUSTCard®?

NO

YES

**Click on "No" or "Yes" Above
Whichever Applies To You
Right Now!**

This PDF Training Document is **Interactive**. Clicking on the Indicated Links On Each Page Will Take You From Each Step To The Next.



This PDF Training Document is **Interactive**. Clicking on the Indicated Links On Each Page Will Take You From Each Step To The Next.

- If “No”, Go To This **Website**
www.good-mood-maker.com

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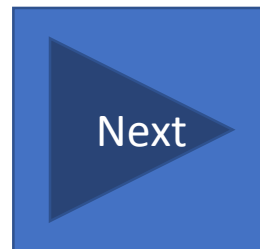
- Click On The “**Products**” Tab
- **Follow The Instructions To Purchase ... \$3.99(us) ... and Download a Digital Version of TheTRUSTCard®**
- **Now That You Have One, Follow the Instructions Starting Next Slide/Page**



- **The TRUSTCard® Was Created To Powerfully Enable Anyone to “Do Everything Better”! As It States On Page 1 of This Training Document.**

This PDF Training Document is Interactive. Clicking on the Indicated Links On Each Page Will Take You From Each Step To The Next.

- **Since Its Earliest Existence In 2006, It Has Empowered Users to Command “The Stress Response” ... (All the Reactions of Brain & Body To Any Real Or Imagined Disproportion Between Demands of Any Kind And The Resources Needed To Meet Them) And Make It Possible To Correct These Disproportions In The Real World. There Are **Several Specific Situations** Where Using The TRUSTCard® Has Been Reported By Users to Be Especially Beneficial. The First Of These Is Oddly Enough **When You Are UNDER NO STRESS WHATSOEVER.****



- **Look At The Side Of The Card That Says, “Like Yourself More” At The Top**
- **Look Down Below Where It Says, “When To Use TheTRUSTCard® ...”**
- **Then, Ask Yourself:**



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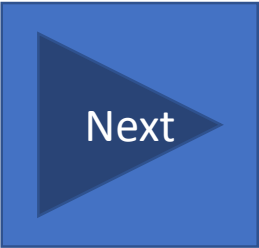
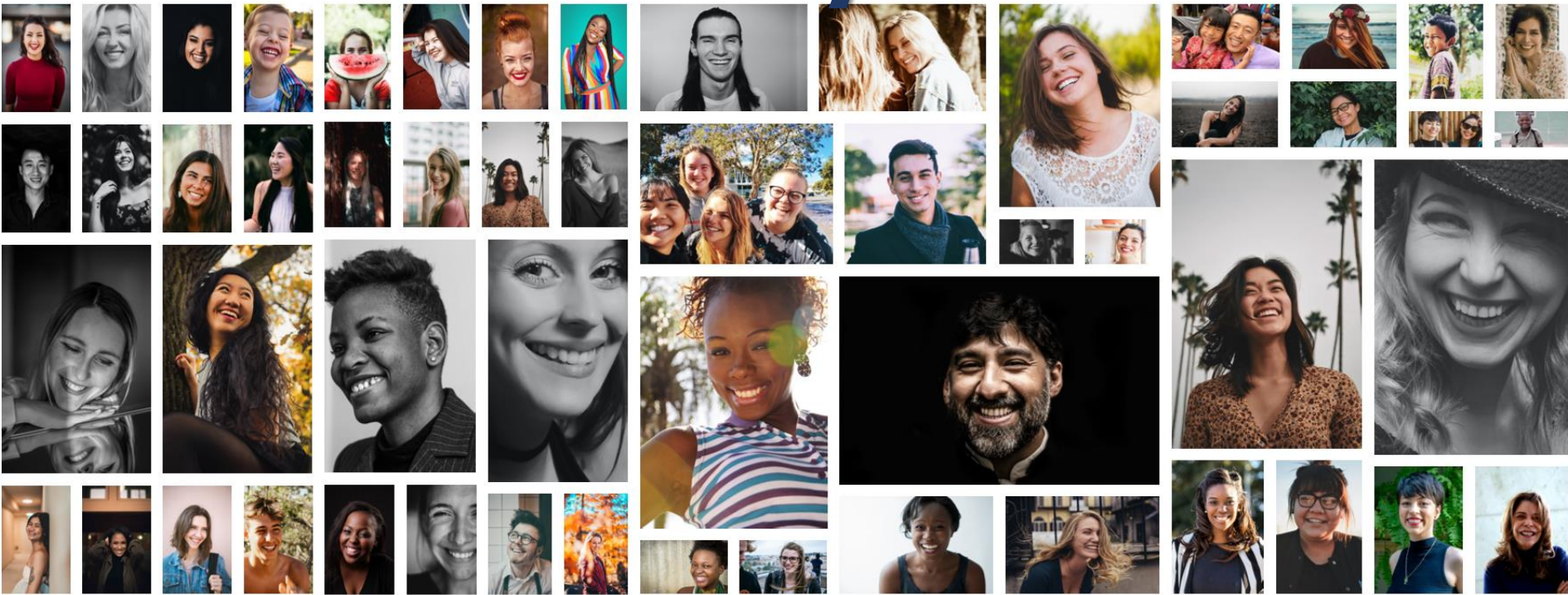


Are You Currently **NOT** Under Stress? (When **NOT**, Use It Up To 3x/Day This Way.)

- If Yes, Look At The Other Side of The Card ... “Like **Everyone** More”
- Read “**HOW** to Use TheTRUSTCard®”
- Follow those Instructions, Including Stopping When You Get To A **Smile** ...



Specifically, A RealSmile™ That Looks Like Any of These...



- **The TRUSTCard® Was Created To Powerfully Enable Anyone to “Do Everything Better”! As It States On Page 1 of This Training Document.**

This PDF Training Document is Interactive. Clicking on the Indicated Links On Each Page Will Take You From Each Step To The Next.

- **Even Though The First Of Its Applications Is Oddly Enough When You Are UNDER NO STRESS, Life OF COURSE Serves Up Other Times **When You Most Certainly ARE Or WHETHER** You Are Is **At Least Uncertain**.**
- **These Next Application “**When To’s**” Have **Proven The Most Beneficial** ... As You Go Through Your Day, Week, Etc.. Feel Free to **Use and Re-Use** The TRUSTCard® **Once or (Best) Multiple Times** Per Hour, Day, Week, Etc.**

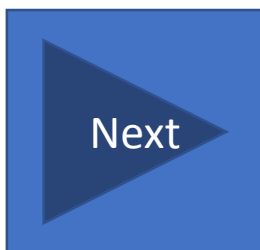


Use **Any** of The Following Applicable “**When-To’s**”, **One After Another** Until You Get to a **RealSmile™** on Each.



Are You Currently Under Stress?

- If Yes, Look At The **Other** Side Of The Card ... “Like **Everyone** More”
- Read or Review (As Needed)
“**HOW** to Use TheTRUSTCard®”
- Follow Those Instructions, Including **Stopping When You Get To A RealSmile™** ...



Use **Any** of The Following Applicable “When-To’s”, **One After Another** Until You Get to a **RealSmile™** on Each.



Are You About To Do or Decide Anything Important?

- If Yes, Look At The Other Side Of The Card ... “Like **Everyone** More”
- Read or Review (As Needed) “**HOW** To Use TheTRUSTCard®”
- Follow Those Instructions, Including Stopping When You Get To A **RealSmile™** ...



Use **Any** of The Following Applicable “When-To’s”, **One After Another** Until You Get to a **RealSmile™** on Each.



Are You About To Go To Sleep Or Have You Just Awakened?

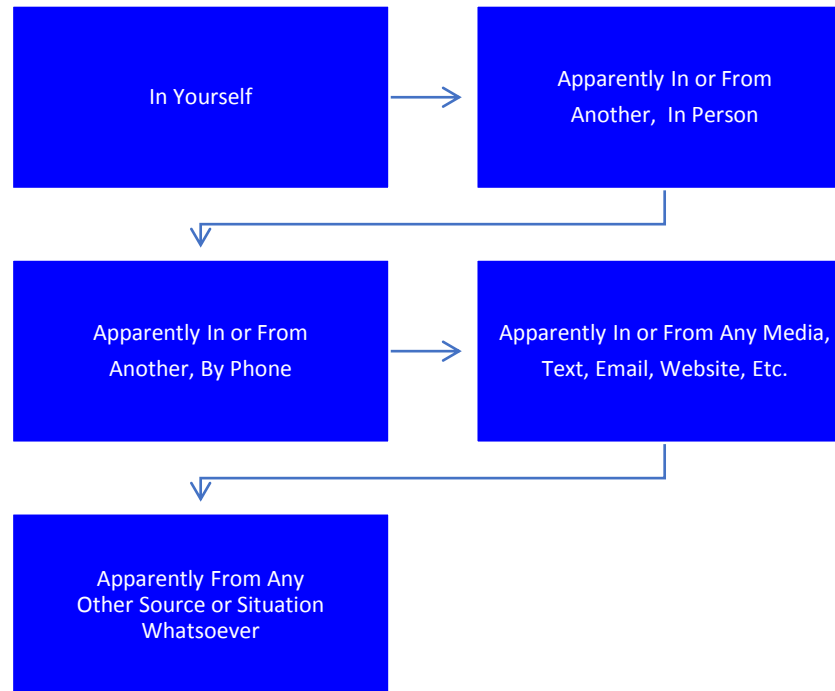
- If Yes, Look At The Other Side Of
The Card ... “Like **Everyone** More”
- Read or Review (As Needed)
“**HOW** To Use TheTRUSTCard®”
- Follow Those Instructions, Including
Stopping When You Get To A **Smile** ...



Use **Any** of The Following
Applicable “When-To’s”, **One**
After Another Until You Get
to a **RealSmile™** on Each.

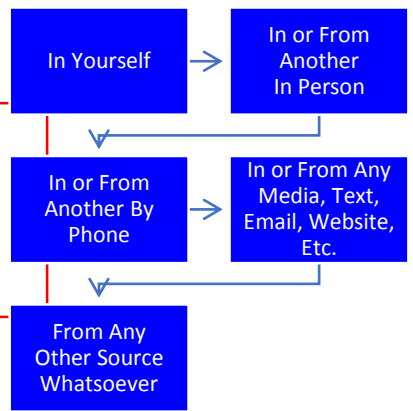


- When Considering Personal Sources Of Stress, You Might Encounter Day To Day And Which You Might Want The TrustCard® To Possibly Assist You To Contain, Dissipate Or Disable ... The 5 Boxes Below Suggest People, Places, Etc. It May Not Have Occurred To You To Consider, That May Well Have Affected Or Are Still Affecting You Where A Demand(s) Exceed(s) (Or Merely Only Seem(s) to Exceed) Your Resources To Handle It or Them.





Are you Experiencing (RECURRING) ANXIETY?



○ If Yes, Look At The Other Side Of The Card ... “Like **Everyone** More”



○ Read or Review (As Needed) “**HOW** to Use TheTRUSTCard®” Once Again, Same Instructions To A **Smile**

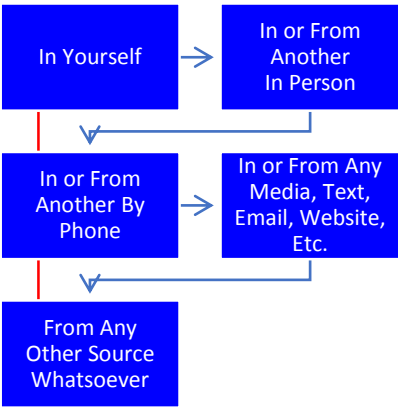


Use **Any** of The Following Applicable “When-To’s”, **One After Another** Until You Get to a **RealSmile™** on Each.





Are you Experiencing (RECURRING) FEAR?



○ If Yes, Look At The Other Side Of The Card ... “Like **Everyone** More”



○ Read or Review (As Needed) “**HOW** to Use TheTRUSTCard®” Once Again, Same Instructions To A **Smile**

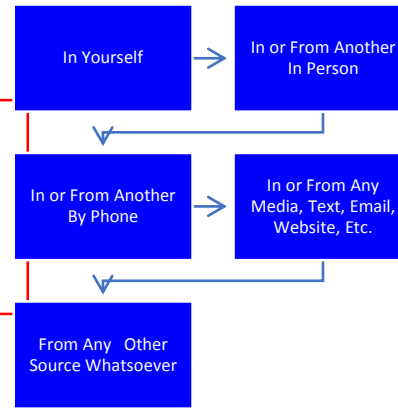


Use **Any** of The Following Applicable “When-To’s”, **One After Another** Until You Get to a **RealSmile™** on Each.





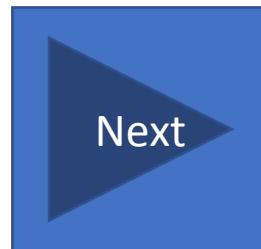
Are you Experiencing (RECURRING) WORRY?



- If Yes, Look At The Other Side Of The Card ... “Like **Everyone** More”



- Read or Review (As Needed) “**HOW** to Use TheTRUSTCard®” Once Again, Same Instructions To A **Smile**

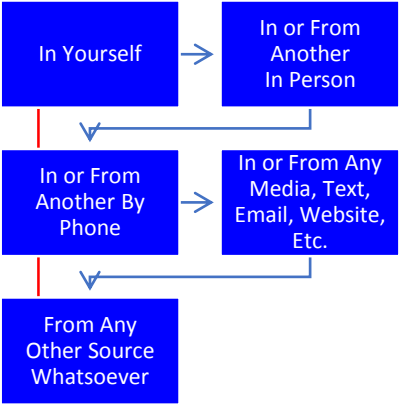


Use **Any** of The Following Applicable “When-To’s”, **One After Another** Until You Get to a **RealSmile™** on Each.





Are you Experiencing (RECURRING) UPSET?



○ If Yes, Look At The Other Side Of The Card ... "Like **Everyone** More"



○ Read or Review (As Needed) "HOW to Use TheTRUSTCard®" Once Again, Same Instructions To A **Smile**

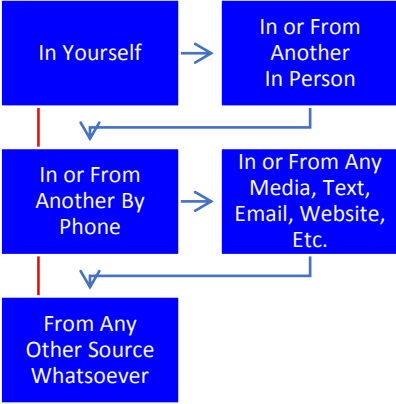


Use **Any** of The Following Applicable "When-To's", **One After Another** Until You Get to a **RealSmile™** on Each.





Are you Experiencing (RECURRING) DREAD?



- If Yes, Look At The Other Side Of The Card ... “Like **Everyone** More”



- Read or Review (As Needed) “**HOW** to Use TheTRUSTCard®” Once Again, Same Instructions To A **Smile**

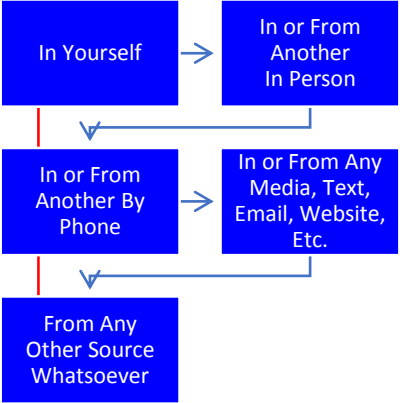


Use **Any** of The Following Applicable “When-To’s”, **One After Another** Until You Get to a **RealSmile™** on Each.





Are you Experiencing (RECURRING) ANGER?



○ If Yes, Look At The Other Side Of The Card ... “Like **Everyone** More”

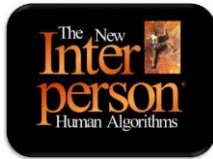


○ Read or Review (As Needed) “**HOW** to Use TheTRUSTCard®” Once Again, Same Instructions To A **Smile**

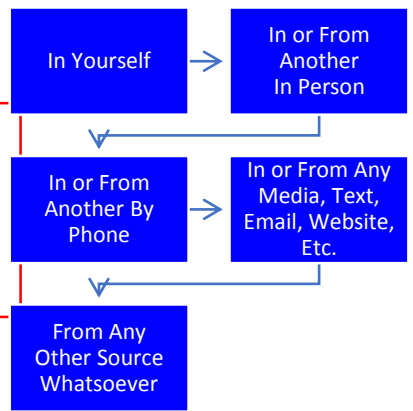


Use **Any** of The Following Applicable “When-To’s”, **One After Another** Until You Get to a **RealSmile™** on Each.





Are you Experiencing (RECURRING) SADNESS?



- If Yes, Look At The Other Side Of The Card ... “Like **Everyone** More”



- Read or Review (As Needed) “**HOW** to Use TheTRUSTCard®” Once Again, Same Instructions To A **Smile**

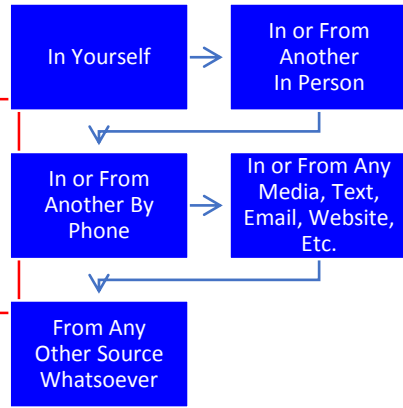


Use **Any** of The Following Applicable “When-To’s”, **One After Another** Until You Get to a **RealSmile™** on Each.





Are you Experiencing (RECURRING) HATRED?



○ If Yes, Look At The Other Side Of The Card ... “Like **Everyone** More”

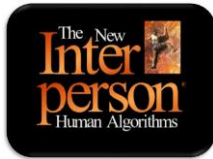


○ Read or Review (As Needed) “**HOW** to Use TheTRUSTCard®” Once Again, Same Instructions To A **Smile**

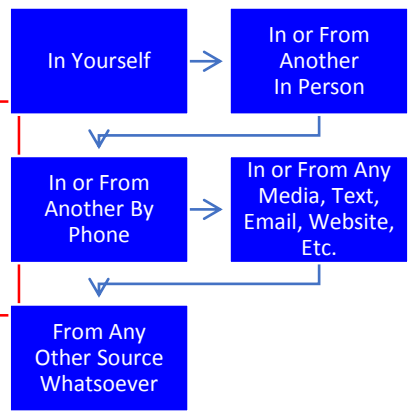


Use **Any** of The Following Applicable “When-To’s”, **One After Another** Until You Get to a **RealSmile™** on Each.





Are you Experiencing (RECURRING) DESPAIR?

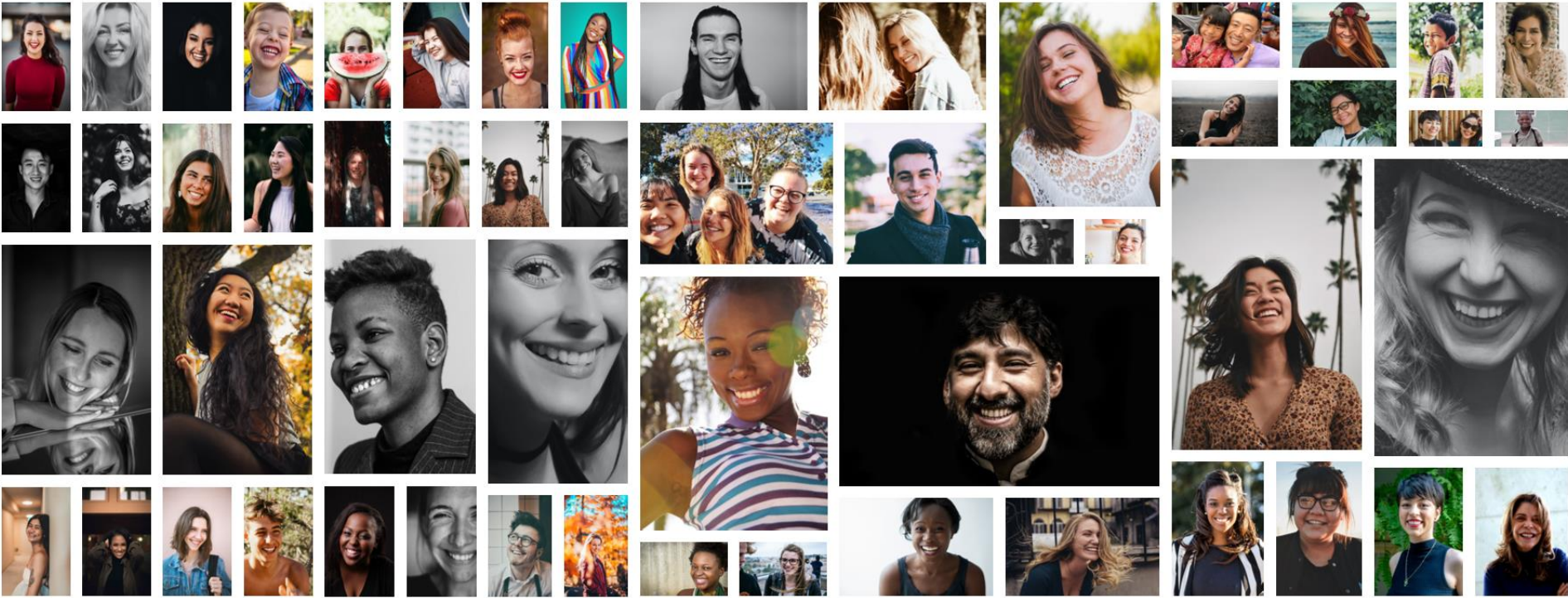


○ If Yes, Look At The Other Side Of The Card ... “Like **Everyone** More”

○ Read or Review (As Needed) “**HOW** to Use TheTRUSTCard®” Once Again, Same Instructions To A **Smile**



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