PORTABLE SUCCESS CODES

Block Breaker Code

30 seconds for each position
Entire Code for at least 8 minutes total

1. **B**ridge – Both Hands

2. **A**dam's Apple – Both Hands

3. **J**aw – Both Hands

4. **T**emples – Both Hands

Timing For All Other Success Codes 1-12

Booster for 1 minute
30 seconds each for the other positions
Entire Code for at least 7 minutes total

Day 1: Forgiveness

1. Booster - Both hands

2. Adam's Apple - Left hand;
   Jaw - Right hand

3. Adam's Apple - Both hands

4. Booster - Both hands

Day 2: Healthy Actions

1. Booster - Both hands

2. Adam's Apple - Both hands

3. Temple - Left hand;
   Adam's Apple - Right hand

4. Adam's Apple - Both hands

5. Adam's Apple - Left hand;
   Bridge - Right hand

6. Booster - Both hands

Day 3: Transforming Beliefs

1. Booster - Both hands

2. Temples - Both hands

3. Adam's Apple - Left hand;
   Bridge - Right hand

4. Bridge - Both hands

5. Booster - Both hands

Day 4: Love

1. Booster - Both hands

2. Adam's Apple - Both hands

3. Jaw - Both hands

4. Adam's Apple - Left hand;
   Temple - Right hand

5. Booster - Both hands

Block Breaker Code

30 seconds for each position
Entire Code for at least 8 minutes total

1. **B**ridge – Both Hands

2. **A**dam's Apple – Both Hands

3. **J**aw – Both Hands

4. **T**emples – Both Hands

Timing For All Other Success Codes 1-12

Booster for 1 minute
30 seconds each for the other positions
Entire Code for at least 7 minutes total

Day 5: Joy

1. Booster - Both hands

2. Bridge - Both hands

3. Adam's Apple - Both hands

4. Temple - Left hand;
   Bridge - Right hand

5. Booster - Both hands

Day 6: Peace

1. Booster - Both hands

2. Adam's Apple - Both hands

3. Bridge - Both hands

4. Temple - Left hand;
   Bridge - Right hand

5. Adam's Apple - Both hands

6. Booster - Both hands

Day 7: Patience

1. Booster - Both hands

2. Jaw - Both hands

3. Bridge - Left hand;
   Adam's Apple - Right hand

4. Bridge - Both hands

5. Booster - Both hands

Day 8: Kindness

1. Booster - Both hands

2. Temples - Both hands

3. Jaw - Both hands

4. Bridge - Both hands

5. Booster - Both hands

Block Breaker Code

30 seconds for each position
Entire Code for at least 8 minutes total

1. **B**ridge – Both Hands

2. **A**dam's Apple – Both Hands

3. **J**aw – Both Hands

4. **T**emples – Both Hands

Timing For All Other Success Codes 1-12
Booster for 1 minute
30 seconds each for the other positions
Entire Code for at least 7 minutes total

Day 9: Goodness

1. Booster - Both hands

2. Bridge - Both hands

3. Temple - Left hand;
   Bridge - Right hand

4. Temples - Both hands

5. Booster - Both hands

Day 10: Trust

1. Booster - Both hands

2. Bridge - Left hand;
   Temple - Right hand

3. Jaw - Both hands

4. Bridge - Both hands

5. Booster - Both hands

Day 11: Humility

1. Booster - Both hands

2. Adam's Apple - Both hands

3. Temples - Both hands

4. Bridge - Both hands

5. Temple - Left hand;
   Bridge - Right hand

6. Booster - Both hands

Day 12: Self-Control

1. Booster - Both hands

2. Temple - Left hand;
   Jaw - Right hand

3. Bridge - Both hands

4. Temple - Left hand;
   Adam's Apple - Right hand

5. Bridge - Left hand;
   Adam's Apple - Right hand

6. Bridge - Both hands

7. Booster - Both hands