PORTABLE SUCCESS CODES

Block Breaker Code

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

1. Bridge – Both Hands
2. Adam’s Apple – Both Hands
3. Jaw – Both Hands
4. Temples – 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

<table>
<thead>
<tr>
<th>Day 1: Forgiveness</th>
<th>Day 2: Healthy Actions</th>
<th>Day 3: Transforming Beliefs</th>
</tr>
</thead>
<tbody>
<tr>
<td>2. Adam’s Apple - Left hand; Jaw - Right hand</td>
<td>2. Temples - Both hands</td>
<td>2. Adam’s Apple - Both hands</td>
</tr>
<tr>
<td>3. Adam’s Apple - Both hands</td>
<td>3. Adam’s Apple - Left hand; Bridge - Right hand</td>
<td>3. Jaw - Both hands</td>
</tr>
</tbody>
</table>

Day 4: Love

<table>
<thead>
<tr>
<th>Day 4: Love</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Booster - Both hands</td>
</tr>
<tr>
<td>2. Adam’s Apple - Both hands</td>
</tr>
<tr>
<td>3. Jaw - Both hands</td>
</tr>
<tr>
<td>4. Adam’s Apple - Left hand; Temple - Right hand</td>
</tr>
<tr>
<td>5. Booster - Both hands</td>
</tr>
</tbody>
</table>
PORTABLE SUCCESS CODES

Block Breaker Code

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

1. Bridge – Both Hands
2. Adam’s Apple – Both Hands
3. Jaw – Both Hands
4. Temples – 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
## PORTABLE SUCCESS CODES

### Block Breaker Code

*30 seconds for each position*

*Entire Code for at least 8 minutes total*

1. Bridge – Both Hands
2. Adam’s Apple – Both Hands
3. Jaw – Both Hands
4. Temples – 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

### 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