The Scene Cards

Thirty cards, one for each night of The 30-Day Imagination Workbook. Each card is one technique in a sentence or two.

Print the pages, cut along the dashed lines, and keep the stack by your bed. Pull tonight's card before you turn off the light, or pull one at random when you need it.

The whole teaching for every card is in the free workbook at syncpodcast.com/workbook.

NIGHT 1

Know Where You Start

Ask yourself how you actually see yourself, and look at the answer before you change anything.

NIGHT 2

The Teleportation Technique

Change how the people in your head react to you, and you change how you see you.

NIGHT 3

Reactions Are the Litmus Test

Your first few seconds of reaction show where you really stand, so replay them the way future you would react.

NIGHT 4

The Three-Second Scene

Get drowsy, live a tiny scene that implies the wish came true, load it with love, then leave it alone.

NIGHT 5

You're the DJ

Pull up a good memory, keep the feeling it gives you, and play that feeling over your scene.

NIGHT 6

Fall in Love with Future You

Feel real affection for the version of you who already has it. Love is what makes the scene work.

NIGHT 7

Signs Always Follow

Make the shift inside first and let the evidence catch up. Build the scene one sense at a time.

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NIGHT 8

Threshold Guardians

Fear and doubt are guards at the door, so look them in the eye and walk past them into your scene.

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NIGHT 9

“How Did I Figure It Out?”

Turn “I can’t figure this out” into the past tense and answer from the other side.

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NIGHT 10

The Judo Flip

Treat a setback as the thing that happened right before everything got good.

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NIGHT 11

Revision as Time Travel

Go back into a memory as who you are now and run it the way you needed it to go.

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NIGHT 12

Imagine Them Happy

Picture someone who bugs you happy, fulfilled and at peace, and notice how much lighter you get.

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NIGHT 13

Spring Cleaning

Write down the stories you keep telling about yourself, throw one out, and plant a new sentence.

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NIGHT 14

Hug Your Younger Self

Walk up to little you, give them a big hug, and tell them how it turns out.

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NIGHT 15

Don't Fear the Wobble

Chaos before a big shift usually means it's working, so keep going.

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NIGHT 16

Feelings Over Things

Aim at the feeling you want, like secure or free, and stay loose about the number or the person.

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NIGHT 17

The Internal Amazon Order

Order a state in the present tense ("I am clear"), feel the confirmation, and stop checking the porch.

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NIGHT 18

Don't Dig Up the Seed

Plant the scene at night and stop checking for results during the day.

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NIGHT 19

The Farmer's Bath

Feel relief, satisfaction and gratitude now, as if the work is already done.

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NIGHT 20

Repetition, Faith, Expectancy

Repeat the scene until it feels familiar, and familiar slowly turns into expecting it.

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NIGHT 21

The Mirror Technique

Picture your reflection and give it everything you want from someone else.

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NIGHT 22

Friends as Angels

If pictures don't come easily, hear a friend call to congratulate you as if it already happened.

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NIGHT 23

Imagine It for Someone Else

Give other people small happy scenes, and check them against the golden rule.

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NIGHT 24

Walk Out of the Theater

When the same movie keeps playing, get up and go sit in a theater with a better story.

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NIGHT 25

Your Ego Is a Puppy

Pet it, train it, and tell it you've got this. Killing it was never the goal.

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NIGHT 26

Joy Hugs

Use whatever feels like a joy hug as your compass, and live the ordinary parts of the life you want.

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NIGHT 27

Presence Comes First

Get back into your body before you imagine. A body braced for impact can't imagine from the end.

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NIGHT 28

Hold the Vibe

Catch the old state, pick the new one, hold it for five minutes, and talk like you're already there.

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NIGHT 29

You're the Conductor

Set the feeling and let the how show up as synchronicity. Rest in the arrival instead of the road.

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NIGHT 30

Feel It Done, Sleep in the End

Run your fullest scene yet and let the world catch up.

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