



Go to “File” in the upper left hand corner of this page.

Click “Make a Copy”.

Then change the Title of YOUR Copy in the upper left corner to:

“{Your Name} Portal 2: Resource Yourself Play Sheet”.

Go through the playsheet, completing each practice.

Click the checkbox once you have completed each practice.

Go to the SHARE button in the upper right corner,

Click “Anyone with the link”,

COPY the link,

Go to our [FB Group](#) and share your link,

With a comment on how these practices worked for you,
what came up for you, any challenges you faced, any breakthroughs that you had.

1- The Timelessness Technique

2 - The Ultimate Guide to Regulation

3- The Leadership Activation

4 - The Radical Truth Teller

WATCH [Source- It's Within You Documentary with Dr. Joe Dispenza](#)





The Timelessness Technique

Imagine a world where time expands to meet your needs, where you can navigate through your day with a sense of calm and purpose. The “Timelessness Technique” is your key to achieving just that.

1. Set the Stage
2. Open the Portal
3. Visualize the Seasons
4. Learn and Let Go
5. Celebrate Milestones
6. Embrace Moments of Bliss
7. Affirm Your Growth
8. Return with Insights

Journal about your experience.

What felt constricting? What felt expansive? What visions felt the most spacious to you? These are the experiences you want to focus on calling into your life. This will help you create more time and space in your current reality.

(room to write)





The Timelessness Technique continued...

Release Limiting Beliefs About Time:
Reflect on any limiting beliefs you may hold about time.
(room to write)

Define Personal Priorities:
What are your core values and priorities? What truly matters to you?
(room to write)





Time Batching Technique:

Grouping similar tasks together during dedicated time blocks.

Write out what you want to create time blocks for, you can include self care, business, finances, even scheduling naps.

(room to write)





The Ultimate Guide to Regulation

After reading The Ultimate Guide to Regulation (and the links associated with it),

What came up for you?

What practices were you already implementing?

What are you ready to recommit to? And why?





The Radical Truth Teller

After reading The Ultimate Guide to Regulation

(including info from most of the links).

Take a look at your dysregulated moments in life: what were your triggers?

What emotions come up for you, how have you navigated them in the past?

Now make a new game plan. What changes will you make to stay regulated?

(room to write)





The Leadership Activation

Setting and Maintaining Good Boundaries:

Has anyone crossed your boundaries before? Who? What happened?
Did you speak to them about it? Are you willing to now?

Who can you establish boundaries with presently?

This could look like: sharing with your child that you need more mommy time, or telling your partner that you want to set up a 'date night' so they don't expect sex at the drop of a hat.

How will you express these new boundaries with them?

How will you stay true to yourself and keep them? (When you don't, it is not only disempowering, it takes up more of your valuable "time").

Be clear, be bold and then follow through!

(room to write)





The Leadership Activation continued...

Delegation Challenge:

Make a list of the people in your support circle and what they already do for you and determine what else they could do for you.

Discuss this with them and come up with an agreement field that feels good for both of you. This allows you to get more things done and both you and they will feel more fulfilled by staying in their own zone of genius as well.

(room to write)





Portal 2 Resources

[Course Dashboard](#)

Mindfulness and Time Perception:

[Association for Psychological Science - Mindfulness Meditation Alters Perception of Time](#)

Neuroscience of Time Perception:

[The Fluidity of Time:: Scientists Uncover How Emotions Alter Time Perception](#)

[The Heart Can Sway Our Perception of Time](#)

Philosophical Perspectives on Time:

[\(video\) Time Is an Illusion: Scientists Say Time Doesn't Exist in the Way We Think](#)

Quantum Physics and Timelessness:

[The Mindfulness Movement](#)

Regulation:

[How to regulate your nervous system and restore calm: 12 proven techniques](#)

[Source- It's Within You Documentary with Dr. Joe Dispenza](#)

[Top 6 Supplements for Women 40+](#)

[Healthy Eating Guide for Women](#)

[Stay Hydrated](#)

[Pilates Workout for Beginners](#)

[50+ Self Care Practices Time Outs](#)





[Emotional Intelligence](#)

[Surviving Tough Times by Building Resilience](#)

[Recognizing Triggers](#)

[Common Emotional Triggers, How to Identify and Manage Them](#)

[Parasympathetic Breathwork](#)

[Grounding Techniques](#)

[Quick Mindfulness Exercises](#)

[4 Best Self Soothing Techniques](#)

[Book: The Big Leap](#)

