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ROADMAP
Click On
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BIO-DASH

Introduction
DVB Welcome
Code IN1



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Video Tour



Location

3

BIO-DASH

Introduction

Mind-Body 1

Code IN3



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Location

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Introduction

Mind-Body 2

Code IN4



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Location

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BIO-DASH

Smart Breathing
Breathing Basics

Code SB1



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Video Tour



Location

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BIO-DASH

Flexible Emojis Channelling Your Emotions

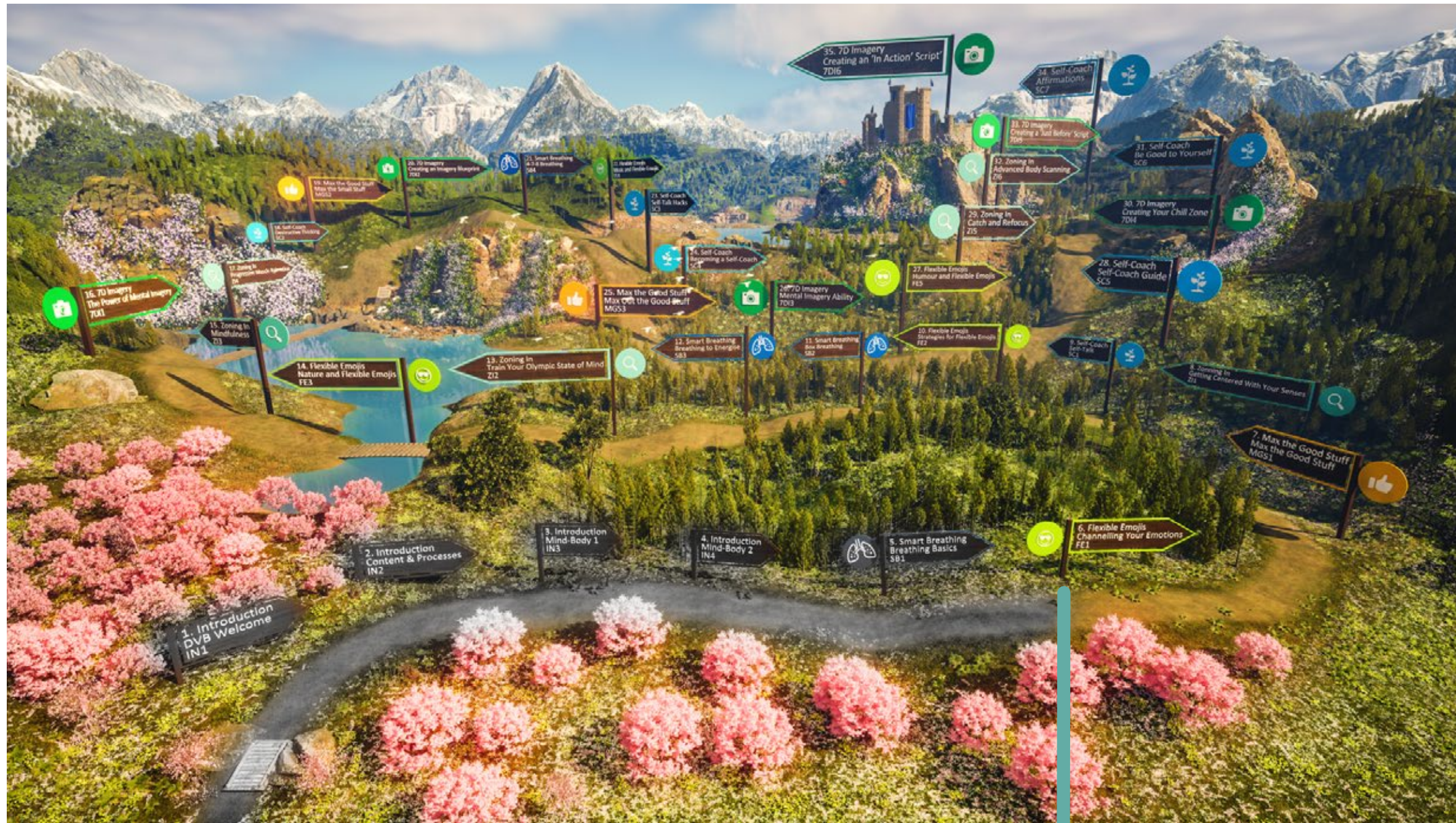
FE1



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Location

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BIO-DASH

Zoning In Max the Good Stuff Code MGS1



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Video Tour



Location

8

BIO-DASH

Zoning In

Getting Centered With Your Senses

Code ZI1



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Location

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BIO-DASH

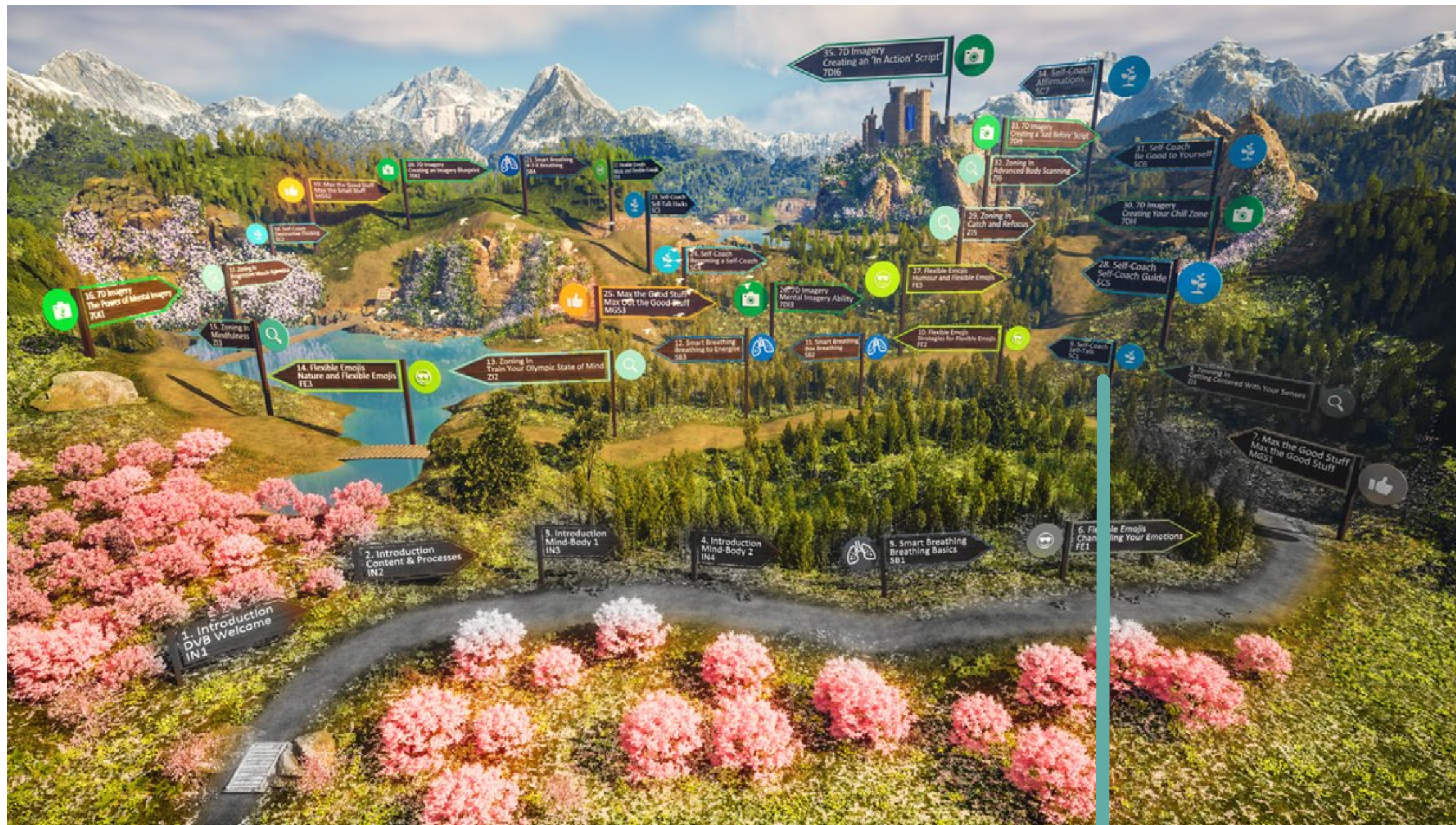
Self-Coach
Self-Talk
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BIO-DASH

Flexible Emojis

Strategies for Flexible Emojis

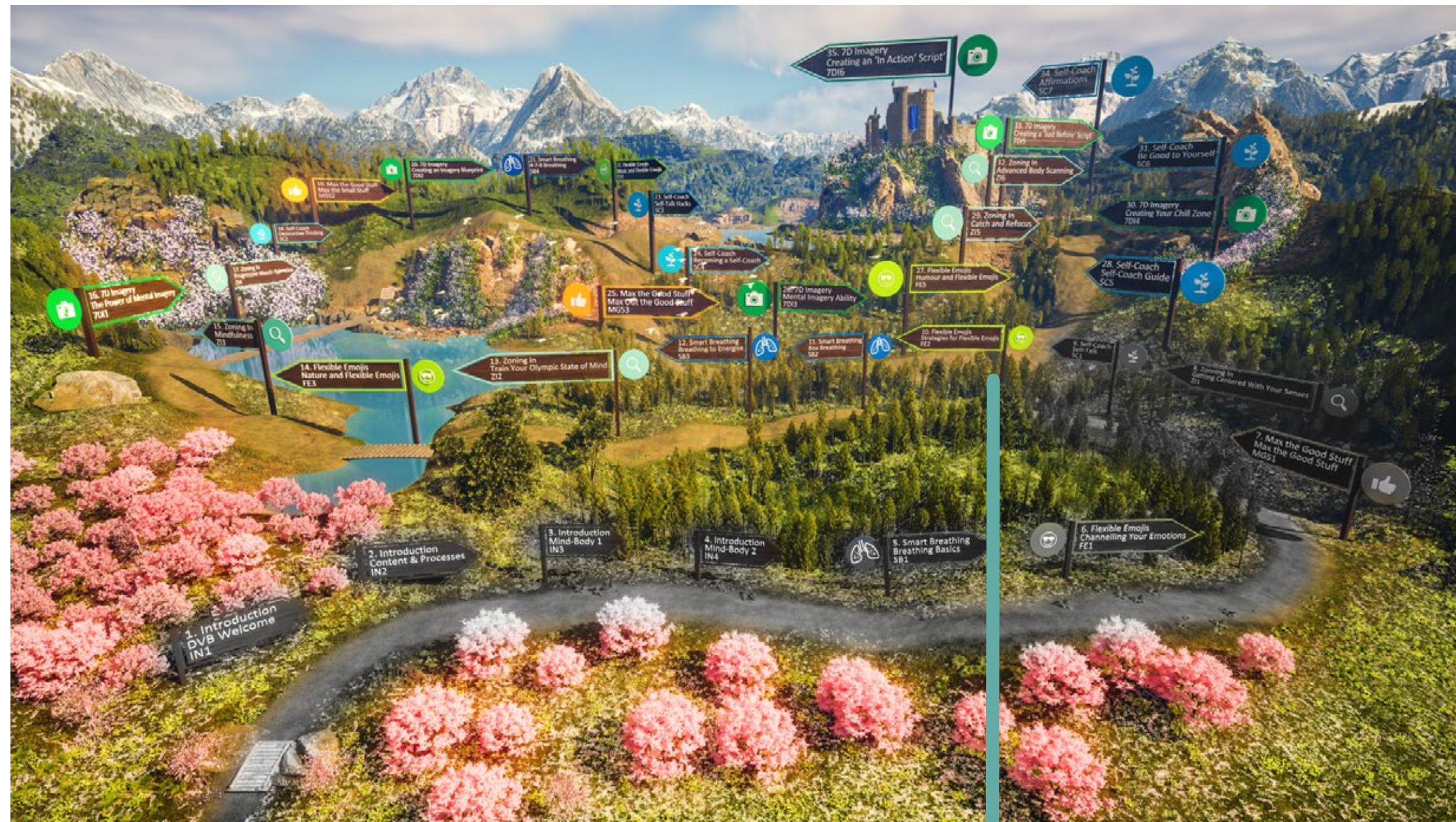
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BIO-DASH

Smart Breathing

Box Breathing

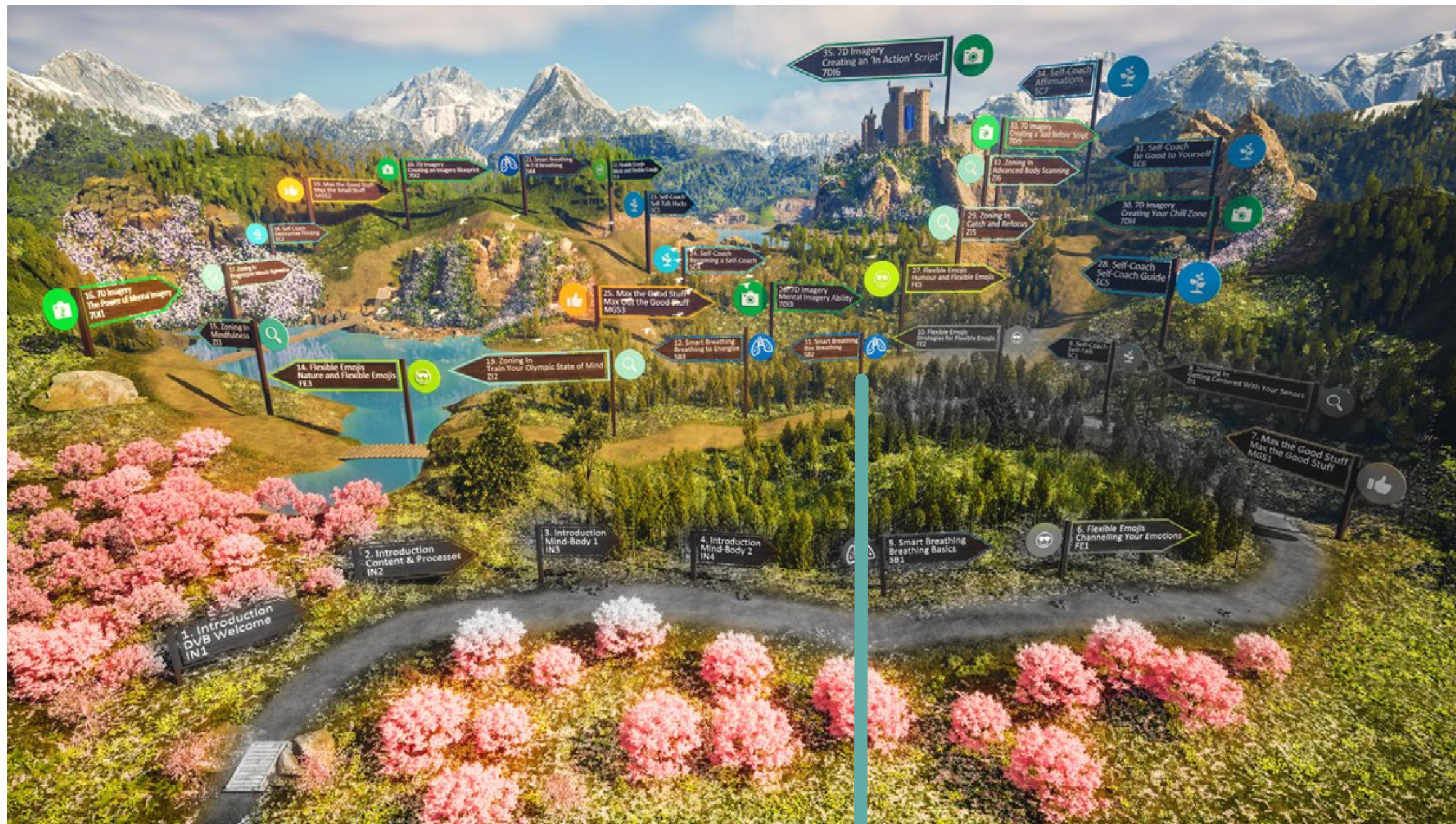
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BIO-DASH

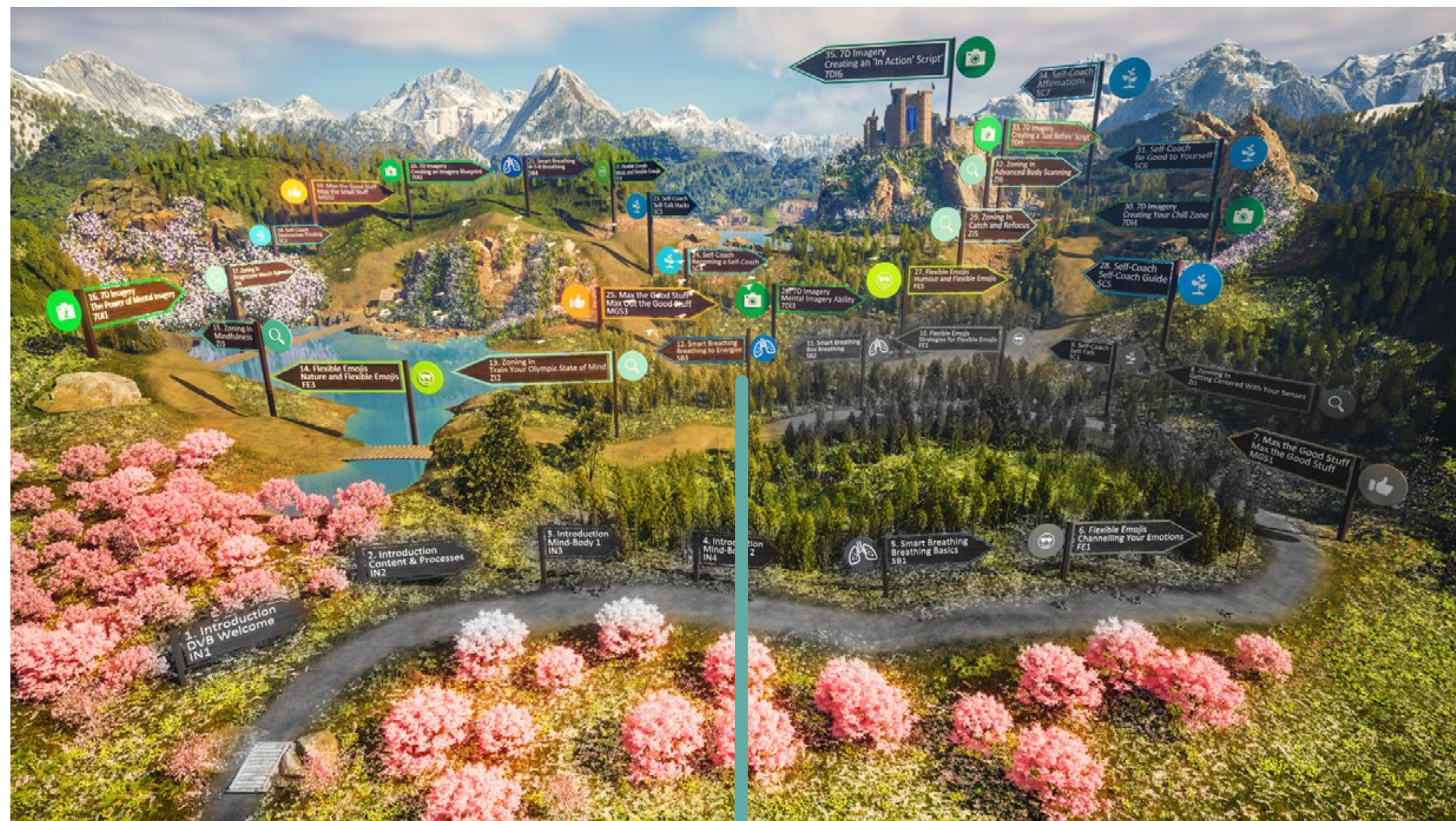
Smart Breathing
Breathing to Energise
Code SB3



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Location

13

BIO-DASH

Zoning In

Train Your Olympic State of Mind

Code ZI2



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Location

14

BIO-DASH

Flexible Emojis

Nature and Flexible Emojis

Code FE3



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Location

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BIO-DASH

Zoning In
Mindfulness

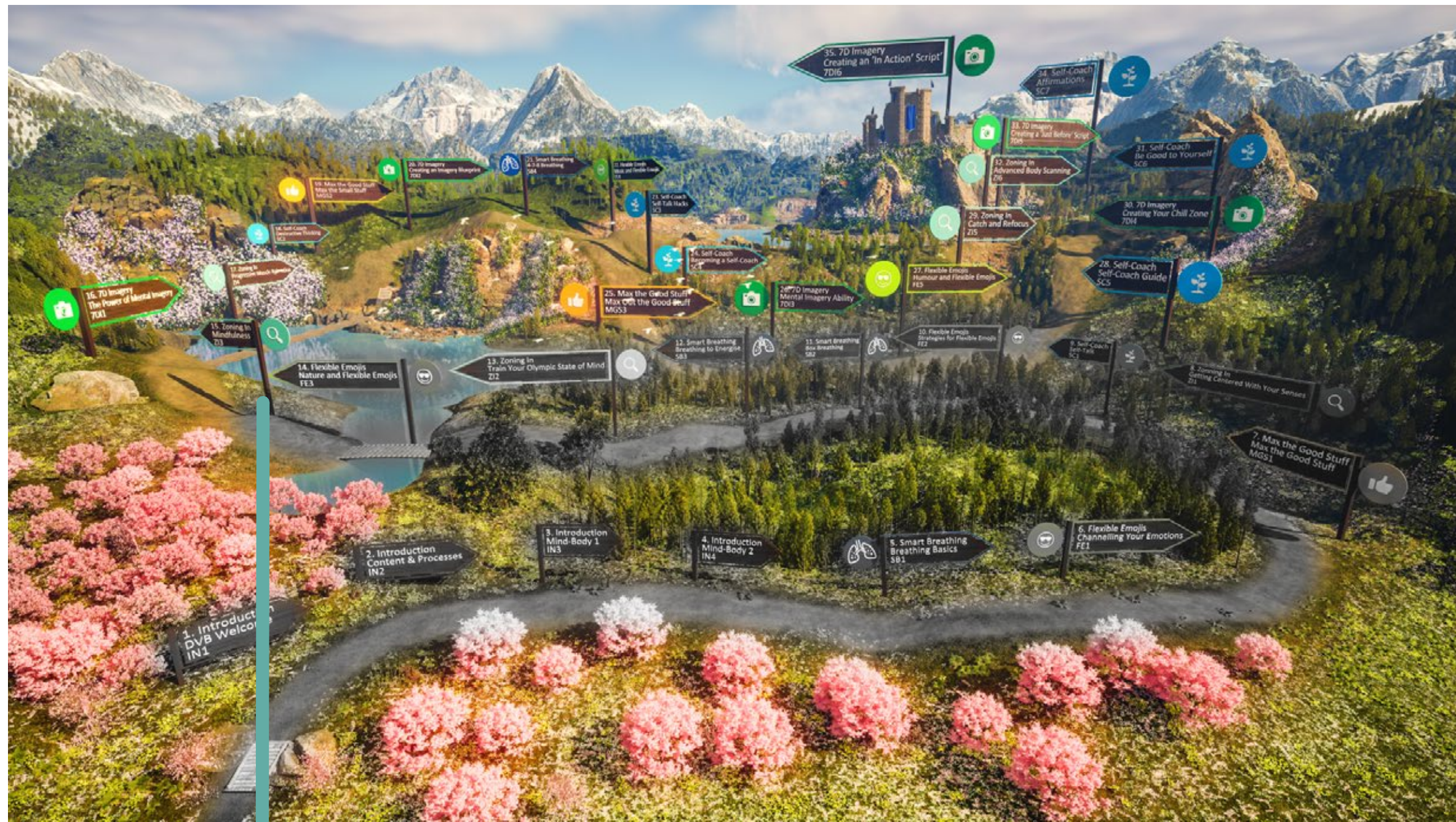
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Location

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BIO-DASH

7D Imagery

The Power of Mental Imagery

Code 7DI1



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Video Tour



Location

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BIO-DASH

Zoning In

Progressive Muscle Relaxation

Code Z14



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Video Tour



Location

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BIO-DASH

Self-Coach

Destructive Thinking

Code SC2



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Location

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BIO-DASH

Max the Good Stuff

Max the Good Stuff

Code MGS2



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Video Tour



Location

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BIO-DASH

7D Imagery

Creating an Imagery Blueprint

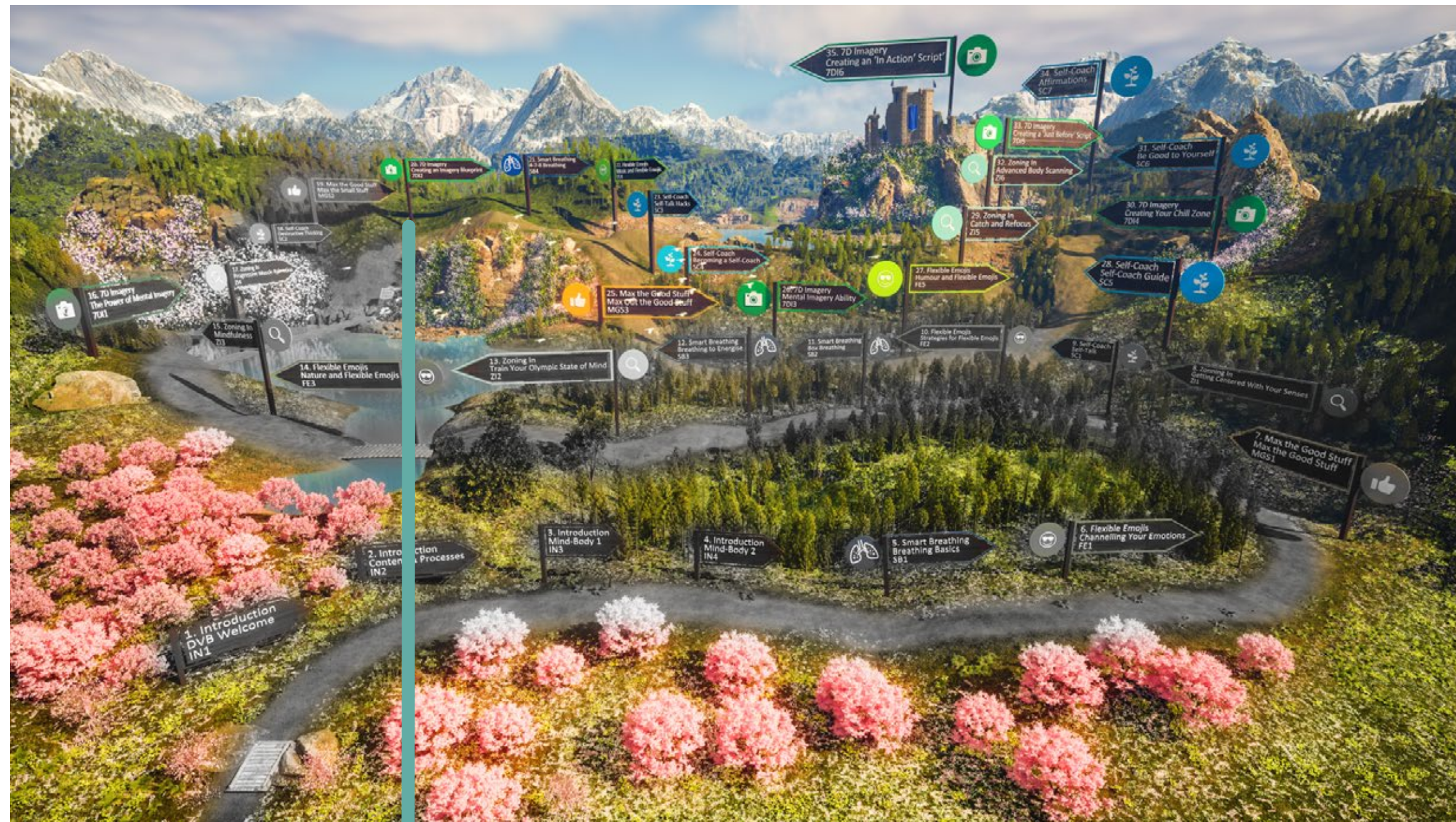
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BIO-DASH

Smart Breathing

4-7-8 Breathing

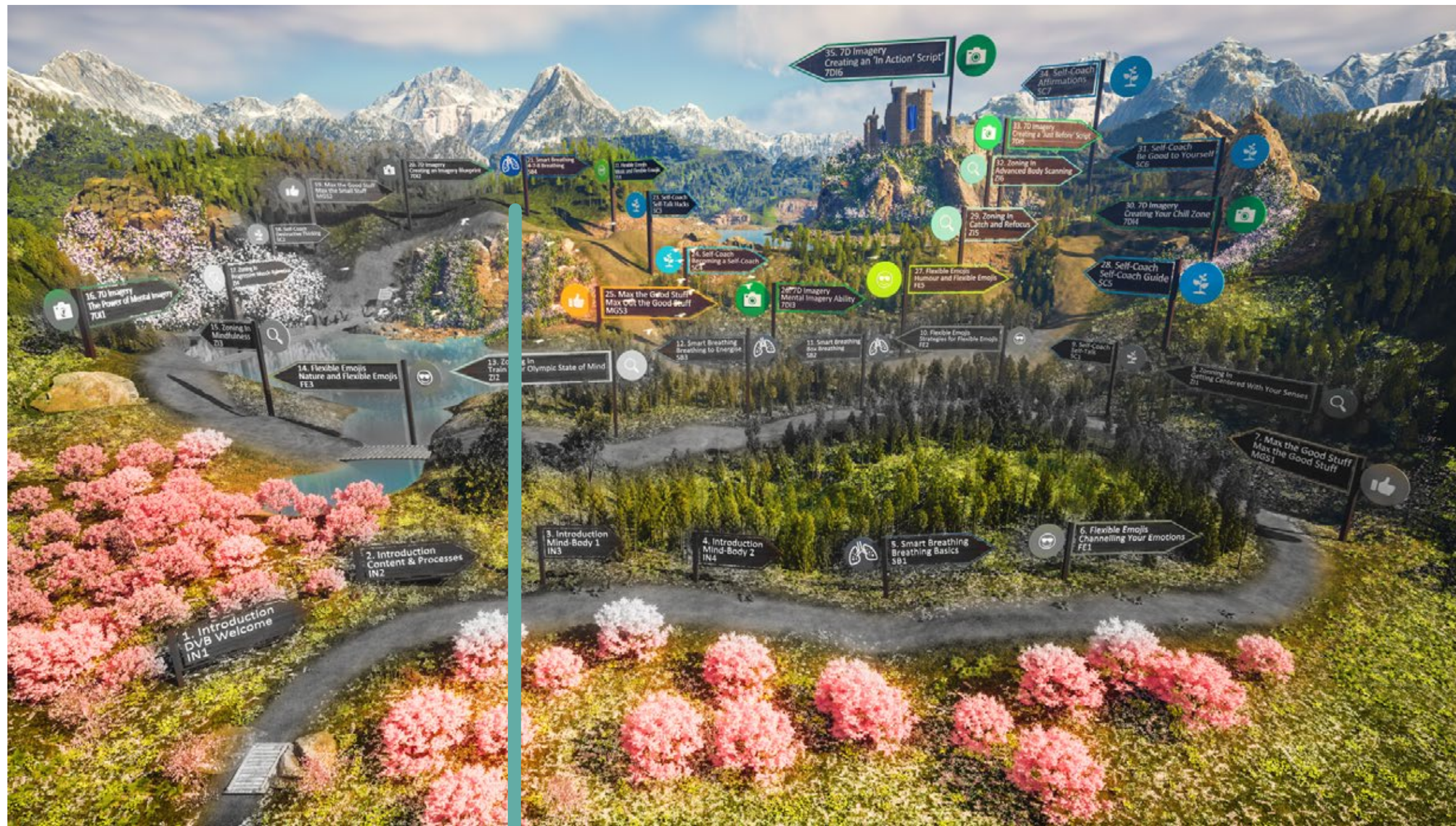
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Location

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BIO-DASH

Flexible Emojis

Music and Flexible Emojis

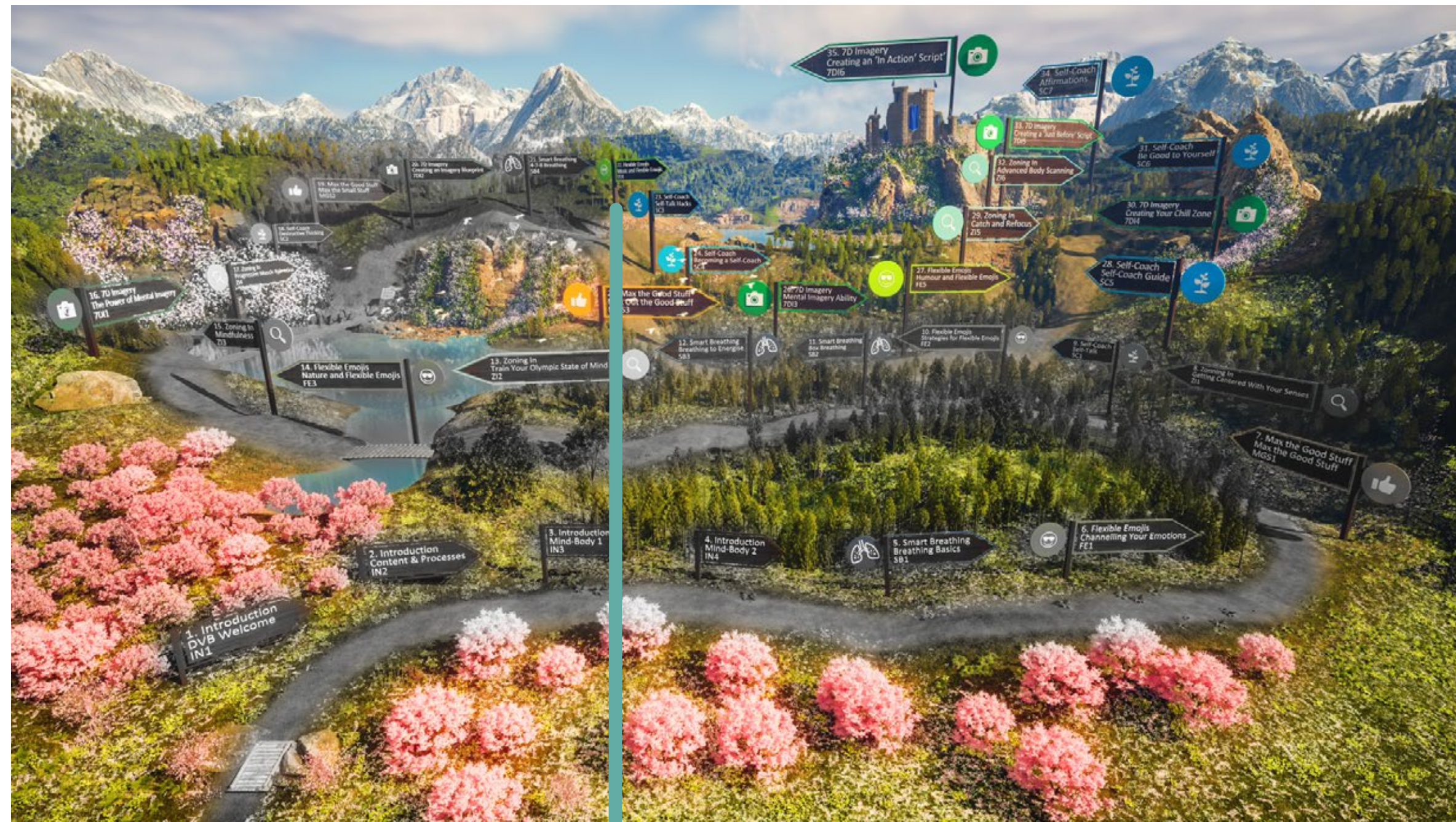
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Location

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BIO-DASH

Self-Coach
Self-Talk Hacks
Code SC3



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Location

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BIO-DASH

Self-Coach

Becoming a Self-Coach

Code SC4



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Location

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BIO-DASH

Max the Good Stuff
Max Out the Good Stuff
Code MGS3



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Video Tour



Location

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BIO-DASH

7D Imagery

Mental Imagery Ability

Code 7DI3



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Video Tour



Location

27

BIO-DASH

Flexible Emojis

Humour and Flexible Emojis

Code FE5



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Location

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BIO-DASH

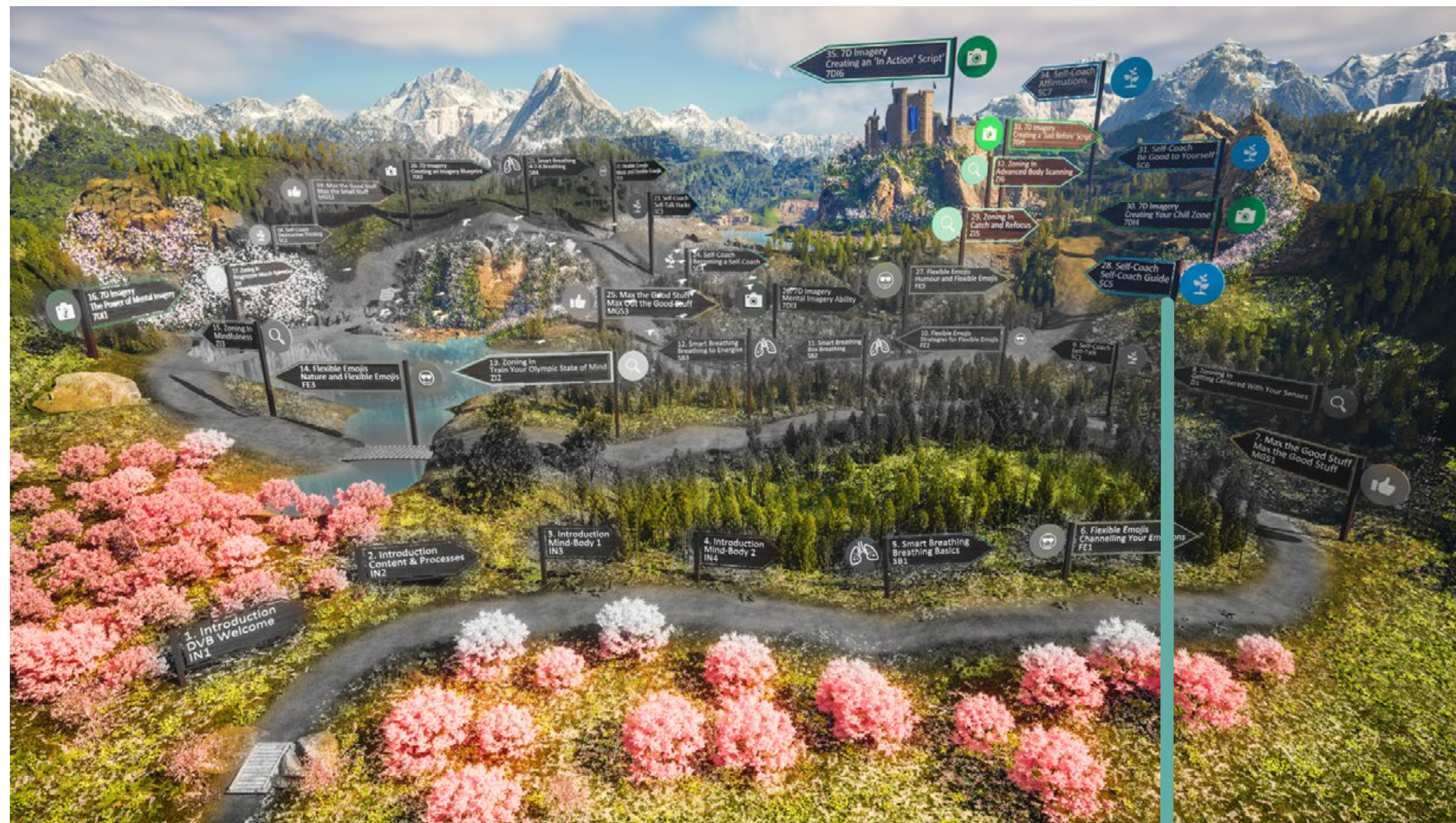
Self-Coach
Self-Coach Guide
Code SC5



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Location

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BIO-DASH

Zoning In
Catch and Refocus
Code ZI5



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Video Tour



Location

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BIO-DASH

7D Imagery

Creating Your Chill Zone

Code 7DI4



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Video Tour



Location

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BIO-DASH

Self-Coach

Be Good to Yourself

Code SC6



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Location

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BIO-DASH

Zoning In

Advanced Body Scanning

Code ZI6



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Location

33

BIO-DASH

7D Imagery

Creating a 'Just Before' Script

Code 7DI5



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Location

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BIO-DASH

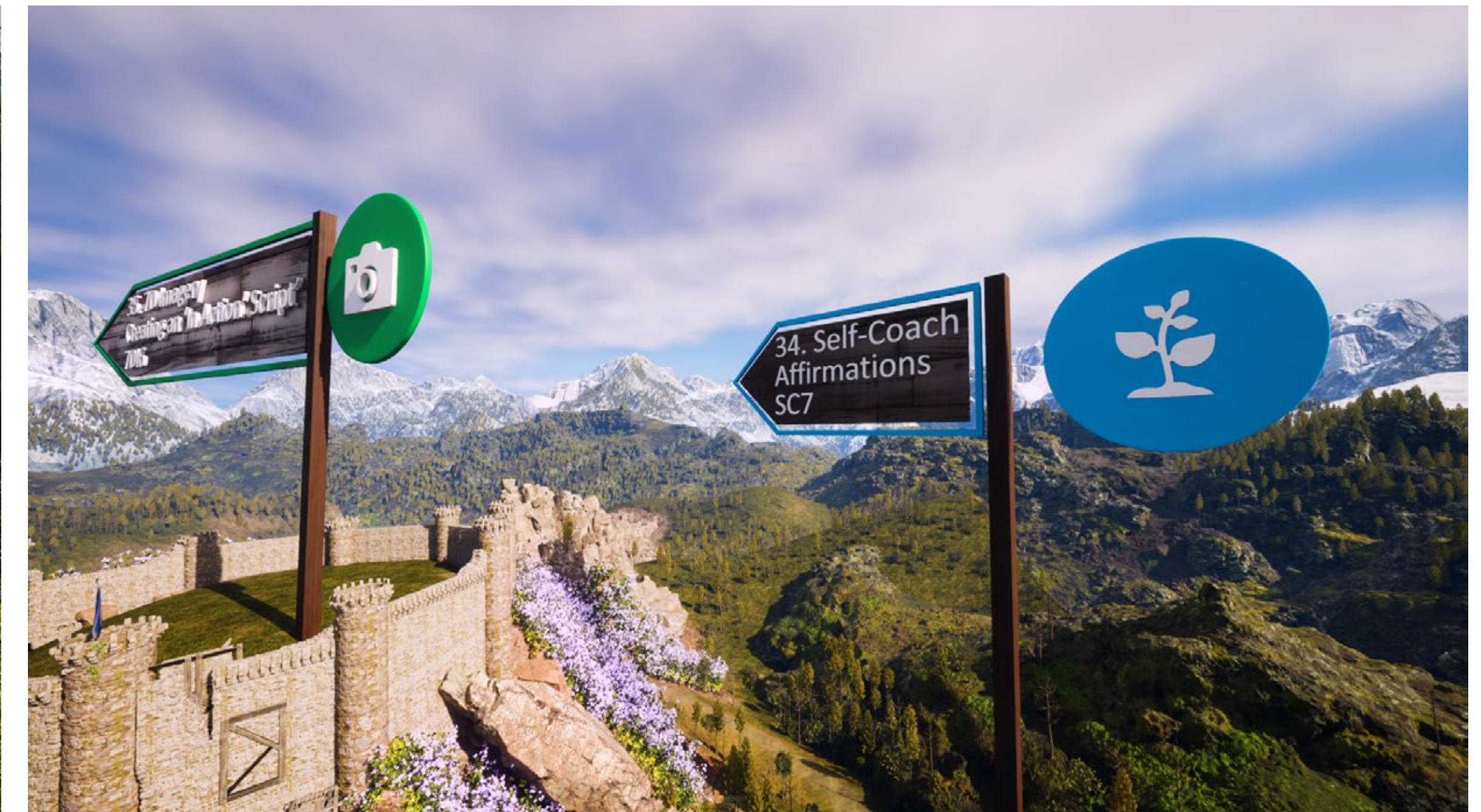
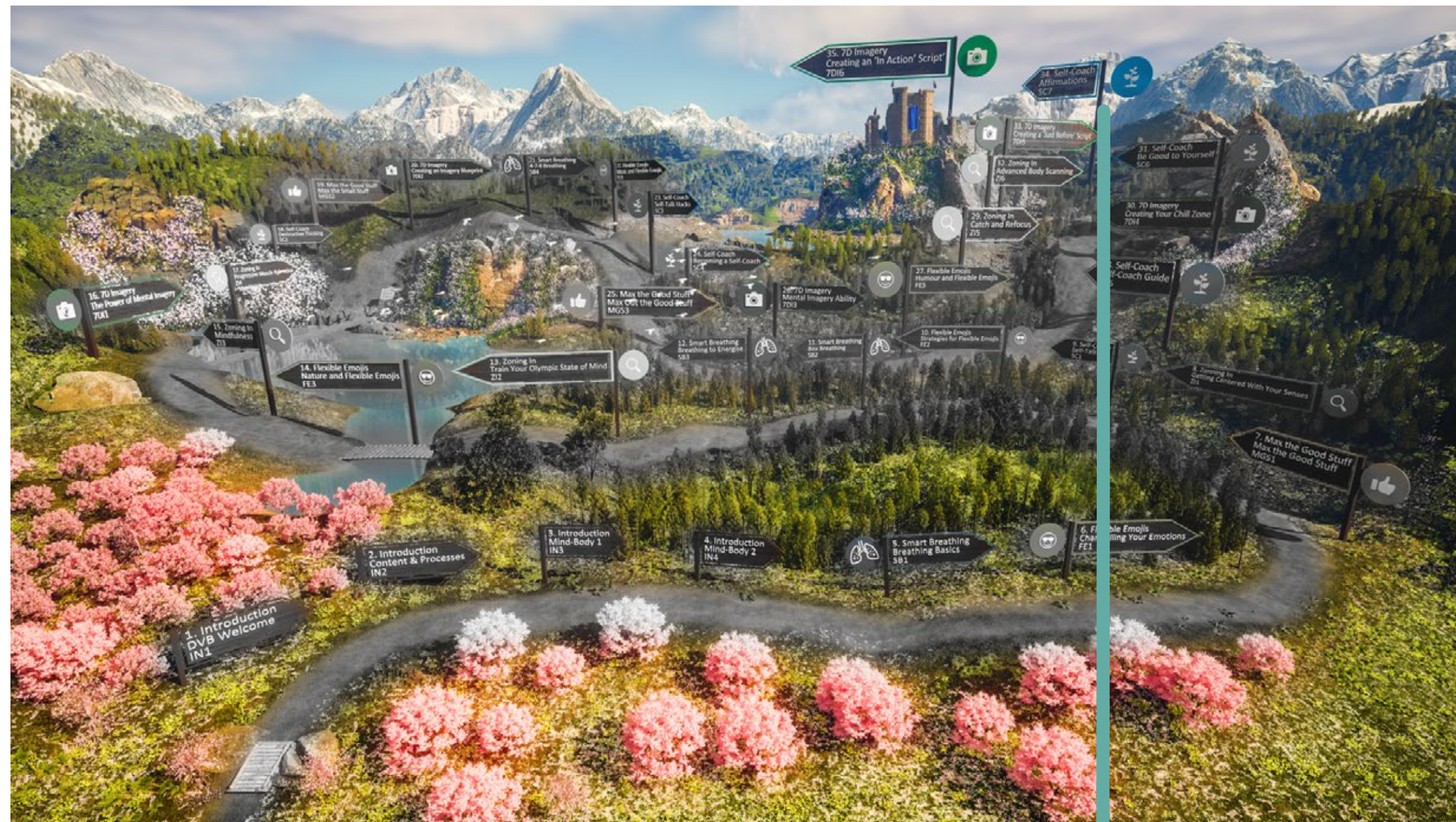
Self-Coach
Affirmations
Code SC7



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Video Tour



Location

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BIO-DASH

7D Imagery

Creating an 'In Action' Script'

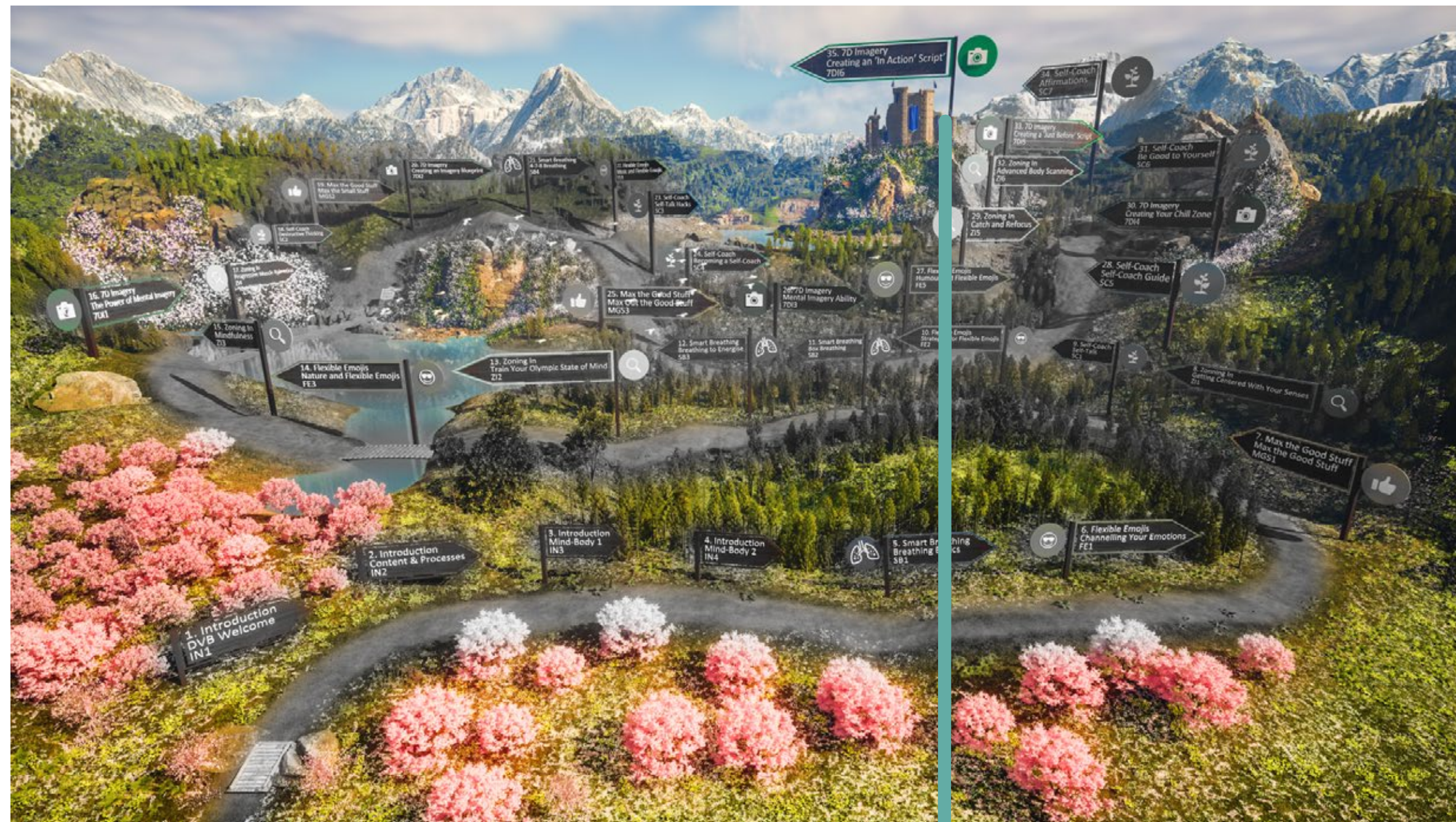
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Location