

## Assignment 4

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For this assignment, you get to reach out to other people for help. I know that can be a little bit of a challenge, but I promise the modalities that I'm recommending can be really, really helpful in our journey to get better, feel better and get your "happy" back.

Consider massage therapists, acupuncturists, chiropractors, craniosacral therapists and/or Reiki masters. These are all really important people to consider getting treatment from so that you can really start feeling better.

### In Addition

Because this is a light week, I also would love it if you would continue doing your EFT scripts and/or your meditations every other day to keep those going.

Please post your experiences on the Facebook group so that others can share in what you've done, what's been helpful, and so we can explore new modalities.

Until next week, enjoy.