

USING 9 GAZE TO FIND YOUR NEW YEARS RESOLUTION

- **Tools needed**
 - **The nine gaze chart**
 - **Your favorite pen or marker**
- **Begin by deciding on a question**
 - **Such as" What should my new years resolution be?"**.
- **Direct your eyes to any direction of gaze.**
- **Hold this gaze for 30 seconds to see what your brain comes up with.**
- **Re ask the question as you move into each direction of gaze**
- **Move your gaze from left to right and top to bottom**
 - **If you select bottom/center then the next position will be bottom/right and after that top/left etc...**
 - **Continue through the entire 9 positions of gaze**
- **Chart your thoughts on the nine gaze chart**

Reminder: move the eyes only - not the head

9 Gaze Chart	Left	Center	Right
Up			
Center			
Down			

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