
WINDOW OF TOLERANCE RESET

5 Senses Method

For hypo-arousal patterns and body bottlenecks

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*This method is part of the Window of Tolerance Reset — a personalized framework for widening your window and
restoring your execution capacity.*

Window of Tolerance Connection

This method targets the Body domain of your Window of Tolerance. When your window narrows from hypo-arousal, sensory reconnection brings your nervous system back online.

It's a protective shield

This method will give you a "protective shield" from getting to the point that you "can't do it anymore".

I'm a high achiever and ambitious person, exactly like you. And I know what a big price you pay for your goals. But your reality can be better.

Keep this guide close to you and return to it whenever you need it. After this exercise, you will have a personal guide on what to do when you feel burnout.

P.S. This is not everything... you will also find out which side of you is more developed and brings you more joy.

Use these insights in your business and personal life. It can be priceless.

As an online marketer, I had many situations where I needed to work so hard that everything else was pushed aside.

I squeezed 200% of my productivity from myself and sacrificed present moments for future success, ending up burnt out without any sense of joy.

One day... I found out about the 5-sense method you will explore in a minute. It took only 1 hour to implement, but the effect of that I can feel until today.

The 5 Senses Method Exercise

Instructions:

This exercise is about reconnecting with your inner self. For each of the five senses, list things that you love to experience – **things that bring you joy**.

Go deep. Write as much as you can. Try remembering your childhood.

1. **Sight:** list visuals that bring you joy or calmness.
2. **Hearing:** list sounds that you find soothing or enjoyable.
3. **Touch:** list textures or sensations that you love to feel.
4. **Taste:** list flavors or foods that you enjoy.
5. **Smell:** list scents that make you feel good.

Why it works:

The 5 Senses Method counters stress by reducing cortisol, boosting dopamine production, and stabilizing brain activity.

Examples to activate your imagination:

(Remember, there is no wrong or right answer; we are all different.)

1. **Sight:** Sunsets, eyes, specific animal, looking at your partner
2. **Hearing:** The sound of rain, specific music, laughter, ocean waves
3. **Touch:** The warmth of the sun, soft blankets, smooth stones, pet fur
4. **Taste:** Fresh berries, dark chocolate, a warm cup of tea, creamy pasta
5. **Smell:** Freshly baked bread, coffee, vanilla, rain on dry earth, the ocean breeze

Tips for enhancing the exercise:

Be present: Go deep in yourself in each sensory experience. Be focused.

Be consistent: Update and review your list from time to time.

Explore new sensations: If it's hard for you to write down things for a specific sense, start exploring.

Let's start...

Sight

List everything you love to experience through **sight**.

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Hearing

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Touch

List everything you love to experience through **touch**.

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List everything you love to experience through **taste**.

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Smell

List everything you love to experience through **smell**.

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Take care,

Alex

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