

# FLIP THE SWITCH

**A 30-DAY JOURNEY**

CALM YOUR NERVOUS SYSTEM.

SHIFT YOUR PERSPECTIVE.

RAISE YOUR MOOD.

**WORKBOOK**

**BONNIE DURKIN**

# Introduction & Overview

## What It Means to “Flip the Switch” and How This 30-Day Journey Works

*“You can’t always control what’s happening around you,  
but you can always choose how you respond within you.” – Anonymous*

Have you ever noticed how quickly your mood can shift when something stressful happens?

A single thought, a worry, or a moment of tension can cause your heart to race, your breath to shorten, and your energy to plummet.

That’s your nervous system doing its job — trying to protect you. But when it gets “stuck” in stress mode, even small challenges can feel overwhelming.

The truth is, **you have more power than you realize.**

You can learn to “flip the switch” — to calm your body, shift your focus, and guide your mind back to a state of peace and clarity.

This 30-day journey is designed to help you do exactly that.

Through small, practical daily practices, you’ll discover how to regulate your nervous system, change your perception, and naturally raise your vibration so you feel lighter, calmer, and more aligned — no matter what’s happening around you.

### Approach This Journey Like a Fun Experiment

As you begin, I invite you to approach these next 30 days with an attitude of **openness, curiosity, and fun.**

Think of this as a gentle *experiment* — a chance to see what happens when you try something new, notice how your body responds, and observe what shifts when you make even the smallest changes in how you breathe, think, or focus.

There’s no pressure to “get it right.” This is about exploration, not perfection. Let each day surprise you. Some tools will feel instantly life-changing, others

may be more subtle — all of them are invitations to reconnect with your inner calm and power.

The more playful and open you are, the more easily you'll notice transformation unfolding.

### **What It Means to “Flip the Switch”**

“Flipping the switch” means consciously shifting your internal state — from tension to ease, from fear to faith, from frustration to appreciation.

It's the moment you pause, breathe, and remember that you have a choice in how you respond.

When you calm your nervous system, your brain opens up to new perspectives.

When you shift your thoughts, your emotions follow.

When you raise your vibration, life starts to flow in a new direction.

This process doesn't require huge effort — just small, consistent moments of awareness and intention.

Over 30 days, you'll train your mind and body to return to calm more quickly and stay there more often.

### **Why 30 Days?**

Science shows that repeating a new behavior over time begins to rewire the brain's neural pathways.

Thirty days gives you enough time to practice these tools, notice real shifts, and build momentum that lasts.

Each week builds on the one before, layering calm, clarity, and alignment step by step — so by the end, you'll have a full set of tools and a new way of being.

# How to Use This Workbook

Congratulations on saying yes to yourself and joining this 30-day journey! This workbook is your personal companion — a space to reflect, track your progress, and deepen your experience as you learn to calm your body, shift your thoughts, and raise your mood.

This isn't about perfection or doing every single thing "right." It's about showing up each day with curiosity, compassion, and a willingness to try. Small, consistent shifts create powerful change over time.

## Here's How to Get the Most Out of the Journey

1. Read the Introduction & Overview as well as The 4-Week Overview & Summary and Inputs Awareness Checklist.
2. Fill out the Initial Assessment .  
Before Day 1, take a few quiet minutes to complete your self-assessment. It will help you get a clear picture of where you're starting emotionally, mentally, and physically. You'll complete it again at the end of the 30 days to celebrate your progress.
3. Check your email each morning.  
Each day, you'll receive a short message in your inbox with that day's focus, tool, or reflection prompt. These emails are designed to be simple, uplifting, and easy to apply — just a few minutes a day can make a big difference.
4. Use this workbook or a notebook to reflect and track your growth.  
You'll find space here for journaling, your daily tracker, and notes from each week.  
There's no "right way" to use it — write what stands out, jot quick reflections, or simply check off your daily practices. Every small step counts.
5. Participate in the private [Facebook community](#).  
Connection amplifies transformation. Inside the group, you'll find encouragement, accountability, and a safe space to share your insights, ask questions, and celebrate wins.

Engage as much or as little as feels good for you — just know you're not alone on this journey. **Join Here: [Flip the Switch 30-Day Journey | Facebook](#)**

6. End with the Final Assessment & Reflection.

When you reach Day 30, take time to complete the ending self-assessment.

Compare it to where you began, and notice what's changed — in your body, your thoughts, your mood, and your outlook on life.

Take a moment to honor your growth. You did this!

### **A Note on Practice and Progress**

Some days will feel easy and full of flow. Other days may feel bumpy or resistant — that's normal.

Growth often happens quietly, underneath the surface.

Every time you pause to breathe, choose a kinder thought, or practice appreciation, you're rewiring your nervous system for calm and your mind for positivity.

Give yourself permission to move through this journey at your own pace. You're learning how to flip the switch from stress to peace, from doubt to trust, from tension to joy.

You've already begun.

## Your 4-Week Journey Overview

*“Transformation doesn’t have to be dramatic. It happens quietly, in moments when you choose calm over chaos and gratitude over frustration.” — Bonnie Durkin*

*Each week builds on the last, helping you gently rewire your nervous system, shift your perspective, and raise your vibration — one mindful moment at a time.*

This journey is designed as a natural progression of calm, clarity, and integration. You’ll move step-by-step through awareness of your body, your thoughts, and your *inputs* — the information and energy you allow into your mind each day.

As you go through each week, think of it as a 30-day experiment in feeling better. Approach it with openness, curiosity, and fun. You’re not trying to be perfect — you’re simply noticing what helps you feel more peaceful, present, and aligned.

### **Week 1 – Calm the Storm: Reset Your Nervous System**

**Focus:** Learning to calm your body and regulate your emotions.

You’ll begin by understanding your stress response and learning how to create a foundation of calm and safety within your body. Through breathing, grounding, and other nervous system tools, you’ll discover that calm is something you can *create* — not just something you wait for.

You’ll also begin exploring the power of **inputs** — what you read, watch, and listen to — and how these things influence your nervous system and your mood. You’ll learn to stand guard at the doorway of your mind, letting in only what you wish to manifest.

**Goal:** To understand how stress really works, calm your body’s overactive responses, and begin making conscious choices about what you allow into your inner world.

## **Week 2 – Shift Your Perspective: Reframe Your Thinking**

**Focus:** Changing the way you interpret and respond to life.

Once your body begins to feel calmer and more regulated, your mind becomes more flexible. This week, you'll start noticing the patterns of thought that shape your emotional reality. You'll practice shifting from "I have to" into "I get to," and learn how your perspective creates your experience.

You'll also keep refining your awareness of mental inputs — noticing how different conversations, news, and media affect your thoughts and emotions.

**Goal:** To recognize that your thoughts and interpretations shape your emotional state — and to practice choosing perspectives and inputs that support peace, clarity, and empowerment.

## **Week 3 – Raise Your Vibration: Play the Appreciation Game**

**Focus:** Building emotional momentum and focusing on what's working.

With your body calmer and your thoughts clearer, this week is about energy — intentionally raising your vibration through gratitude and appreciation. You'll learn how focusing on what's right and working trains your brain to look for more good.

You'll also see how appreciation itself becomes a powerful *input*. What you focus on expands — and every time you direct your attention toward appreciation, you're programming your nervous system for safety, ease, and joy.

**Goal:** To strengthen your emotional "muscles" of appreciation and joy, creating upward momentum that naturally attracts better-feeling experiences and relationships.

## **Week 4 – Integrate & Align: Make It Your New Normal**

**Focus:** Blending your tools into a daily rhythm that supports calm, clarity, and joy.

In this final week, you'll bring everything together — the breathing tools, the awareness practices, the appreciation mindset, and your ability to choose

positive inputs. You'll create simple morning and evening rituals that reinforce calm and focus.

You'll also design a plan for continuing these habits beyond the 30 days, so this new level of awareness becomes a lasting way of living.

**Goal:** To integrate your practices into everyday life so you can maintain calm, positive focus, and energetic alignment — no matter what's happening around you.

**Remember:**

Your nervous system responds to what you focus on, what you think about, and what you expose yourself to.

Each breath, each thought, each choice of input is a message to your body about how safe and supported you are.

Guard the doorway of your mind.

Feed yourself peace, positivity, and appreciation — and watch how your inner and outer world begin to change.

# Flip the Switch! Beginning Self-Assessment

*To be completed before your 30-Day Journey*

This is your personal check-in guide. It will help you reflect on where you are—emotionally, mentally, and physically—at the start of your journey, and again at the end.

As you move through the next 30 days, you'll be learning how to calm your body, shift your thoughts, and raise your mood.

Take your time, answer honestly, and notice what changes when you “flip the switch.”

## Section 1: Emotional Frequency Check-In

Take a look at the Emotional Frequency Scale below.

Where would you say your *normal range of mood* is most of the time?

(1 = Highest vibration, 22 = Lowest vibration)

1. Joy / Appreciation / Empowerment / Freedom / Love
2. Passion
3. Enthusiasm / Eagerness / Happiness
4. Positive Expectation / Belief
5. Optimism
6. Hopefulness
7. Contentment
8. Boredom
9. Pessimism
10. Frustration / Irritation / Impatience
11. Overwhelm
12. Disappointment

13. Doubt
14. Worry
15. Blame
16. Discouragement
17. Anger
18. Revenge
19. Hatred / Rage
20. Jealousy
21. Insecurity / Guilt / Unworthiness
22. Fear / Grief / Despair / Powerlessness

**My current emotional range:** \_\_\_\_\_

## Emotional Frequency Scale

1.	Joy/Knowing/Empowerment/Freedom Unconditional Love/Appreciation
2.	Passion
3.	Happiness/Eagerness/Enthusiasm
4.	Positive Expectation/Belief
5.	Optimism
6.	Hopefulness
7.	Contentment
8.	Boredom
9.	Frustration/Irritation/Impatience
10.	Overwhelmed/Stressed
11.	Disappointment
12.	Doubt
13.	Pessimism
14.	Worry/Anxiety
15.	Blame
16.	Discouragement
17.	Anger
18.	Revenge
19.	Rage/Hatred
20.	Jealousy
21.	Unworthiness/Guilt/Insecurity/Sadness
22.	Fear/Grief/Depression Despair/Powerlessness

## Section 2: Mood & Emotional State

Rate each statement from 1 (Strongly Disagree) to 5 (Strongly Agree)

- I feel generally calm and centered in my daily life. \_\_\_\_\_
  - I can bring myself back to calm when I start to feel stressed. \_\_\_\_\_
  - I feel energized and motivated most days. \_\_\_\_\_
  - I notice and appreciate small joys in everyday life. \_\_\_\_\_
  - I find it easy to shift my mood when things don't go as planned. \_\_\_\_\_
  - I feel emotionally resilient when facing challenges. \_\_\_\_\_
  - I believe I have the power to influence how I feel each day. \_\_\_\_\_
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## Section 3: Perception of Life & the World

Rate each from 1 (Strongly Disagree) to 5 (Strongly Agree)

- I feel grateful for the life I have. \_\_\_\_\_
  - I see opportunities more than I see obstacles. \_\_\_\_\_
  - I view my daily tasks as meaningful and purposeful. \_\_\_\_\_
  - I believe life is working for me, not against me. \_\_\_\_\_
  - I focus more on what's right and working than on what's wrong. \_\_\_\_\_
  - I trust that things are unfolding for my highest good. \_\_\_\_\_
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## Section 4: Nervous System Awareness

Rate each from 1 (Strongly Disagree) to 5 (Strongly Agree)

- I am aware of when my body feels tense or overwhelmed. \_\_\_\_\_
  - I know how to use my breath to relax my body. \_\_\_\_\_
  - I notice physical signs of stress (tight jaw, racing heart, shallow breath) and can respond kindly. \_\_\_\_\_
  - I understand that calming my body helps me think more clearly. \_\_\_\_\_
  - I practice self-soothing or grounding techniques when I feel stressed. \_\_\_\_\_
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## Section 5: Reflection Questions

1. What are three situations that most often trigger stress, tension, or frustration for you?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

2. How do you typically feel at the start of a normal day?

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3. When life feels challenging or uncertain, how do you usually respond?

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4. What do you most want to experience or shift through this 30-Day Journey?

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# Inputs Awareness Checklist

*Stand guard at the doorway of your mind, letting in only what you wish to manifest.*

Everything you read, watch, listen to, and think about sends a message to your nervous system.

Each input either helps you feel more calm, hopeful, and inspired — or it drains your energy and keeps your stress response turned on.

This checklist will help you become more mindful of what you're allowing into your inner world.

Use it as a daily or weekly reflection to gently raise your awareness and choose inputs that support the way you want to feel.

## **Step 1: Notice Your Inputs**

Each day, pause and take inventory of what you're feeding your mind:

- The shows, news, or videos I'm watching
- The social media accounts I follow or scroll through
- The books, podcasts, or music I listen to
- The conversations I engage in
- The thoughts I replay in my mind

## **Step 2: Reflect on How They Make You Feel**

*Ask yourself throughout the day:*

- After I watch or listen to this, do I feel lighter or heavier?
- Does this bring me peace, or does it stir up tension or anxiety?
- Do I feel more hopeful and inspired, or more fearful and drained?
- Is this helping me move forward, or keeping me stuck?

You'll quickly begin to notice patterns. Certain inputs make you feel calm, clear, and centered — others make you feel tense or unsettled.

Awareness is your first step to change.

### **Step 3: Choose Your Inputs Intentionally**

Before you read, watch, or listen to something, pause and ask yourself:

- Will this make me feel better or worse?
- Is this something I want to bring more of into my life?
- Does this align with the calm, joyful energy I want to live in?

Every time you make a choice that supports peace and positivity, you strengthen your ability to stay balanced and emotionally regulated.

### **Step 4: Reflect and Reset**

At the end of each day or week, take a few moments to reflect:

1. What inputs helped me feel good this week?

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2. What inputs drained or stressed me?

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3. What small changes can I make to feed my mind better next week?

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### **Remember:**

Your thoughts, attention, and focus are powerful creative forces.

What you allow into your mind shapes how you feel, how you think, and what you attract.

Guard that doorway with love and intention — and choose inputs that nourish your peace, your joy, and your highest self!

# Flip the Switch – 30-Day Tracker

## ***Track Your Calm • Notice Your Thoughts • Choose Your Inputs***

This tracker is your space to notice, reflect, and celebrate progress. Each day, you're building awareness — of your body, your thoughts, your mood, and your *inputs* — the things you allow into your mind and energy.

Don't aim for perfection; aim for awareness. Some days you'll feel balanced and calm, other days a little off — and that's okay. Each checkmark, reflection, or note is proof that you're showing up for yourself and learning to live more consciously.

You're training your nervous system and your mind to work together — to return to calm faster, to focus on what feels good, and to create more of what you truly want.

Each day is another opportunity to **flip the switch** toward peace, clarity, and joy.

Use this tracker to stay mindful of your daily progress throughout the 30-Day Journey.

Each day, take a moment to reflect and check in with yourself.

There's no “right” or “wrong” — this is about awareness, consistency, and celebration of small shifts!

## **How to Use This Tracker**

- **Completed Practice:** Check off each day you read your email, used one of the calming tools, or practiced appreciation.
- **Mood Rating:** Record your general mood for the day (1 = Low, 5 = High).
- **Calm Level:** How regulated did your nervous system feel today? (1 = Stressed, 5 = Calm).
- **Inputs Reflection:** Note what kind of “mental diet” you had — what you read, watched, or listened to, and how it made you feel.
- **Daily Takeaway:** A short note, gratitude, or observation from the day.

## Weekly Reflection Prompts

At the end of each week, take a few minutes to answer:

1. What inputs helped me feel calm, inspired, or uplifted this week?
2. What inputs triggered stress or drained my energy?
3. What's one small change I can make next week to support my peace and alignment?
4. How does my mood or calm level compare to last week?

### Remember:

Each day, you are retraining your body and mind to return to balance. Every breath, every thought, and every *input* is an opportunity to flip the switch toward calm, clarity, and joy.

# 30-Day Tracker Table

Day	Completed Practice	Mood (1-5)	Calm (1-5)	Inputs - What did I consume today? Did it lift or lower me?	Notes/Reflection
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
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27					
28					
29					
30					

## Closing Reflections

You've spent the last 30 days practicing awareness — noticing how your body, thoughts, and inputs shape your energy and mood.

Take a moment to appreciate how far you've come. Every checkmark, every breath, every small shift has been part of retraining your nervous system and reprogramming your focus toward peace and possibility.

Remember, this journey doesn't end here — it simply becomes your new way of being.

Keep using the tools that calm your body and the thoughts that lift your spirit. Continue to choose inputs that nourish your energy, expand your perspective, and remind you of your power to create the life you desire.

You've proven that you can flip the switch anytime you choose — and now, it's part of who you are.

## Time to Reflect and Celebrate

As you come to the end of your 30-day journey, take a deep breath and honor the effort, attention, and heart you've put into this process.

You've shown up for yourself — one moment, one breath, one choice at a time.

Before you move forward, let's pause to reflect on what's changed.

How does your body feel now compared to where you began?

How have your thoughts softened or opened?

How have your inputs — what you read, watch, and focus on — evolved over the past month?

The *Ending Self-Assessment* on the next page will help you capture your growth and see just how much progress you've made.

Use it as a moment of appreciation — a chance to look back and say, **“I did this. I really did flip the switch.”**

# Flip the Switch! Ending Self-Assessment & Reflection

*To be completed after completing your 30-Day Journey*

Congratulations on completing the 30-Day *Flip the Switch* Journey!  
You've spent the past month calming your body, shifting your thoughts, and raising your mood.

Take a few moments to pause, reflect, and notice what's changed — inside and out.

## Section 1: Emotional Frequency Check-In

Look again at the Emotional Frequency Scale.  
Where would you say your *normal range of mood* is now?  
(1 = Highest vibration, 22 = Lowest vibration)

My current emotional range: \_\_\_\_\_  
My emotional range at the beginning: \_\_\_\_\_

**What do you notice about this shift?**

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## Section 2: Mood & Emotional State

Rate each statement from 1 (Strongly Disagree) to 5 (Strongly Agree)

- I feel generally calm and centered in my daily life. \_\_\_\_\_
- I can bring myself back to calm when I start to feel stressed. \_\_\_\_\_
- I feel energized and motivated most days. \_\_\_\_\_
- I notice and appreciate small joys in everyday life. \_\_\_\_\_
- I find it easy to shift my mood when things don't go as planned. \_\_\_\_\_
- I feel emotionally resilient when facing challenges. \_\_\_\_\_
- I believe I have the power to influence how I feel each day. \_\_\_\_\_

**Compare these to your beginning scores. What stands out to you?**

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### Section 3: Perception of Life & the World

Rate each from 1 (Strongly Disagree) to 5 (Strongly Agree)

- I feel grateful for the life I have. \_\_\_\_\_
- I see opportunities more than I see obstacles. \_\_\_\_\_
- I view my daily tasks as meaningful and purposeful. \_\_\_\_\_
- I believe life is working for me, not against me. \_\_\_\_\_
- I focus more on what's right and working than on what's wrong. \_\_\_\_\_
- I trust that things are unfolding for my highest good. \_\_\_\_\_

**What positive shifts have you noticed in how you view life and yourself?**

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### Section 4: Nervous System Awareness

Rate each from 1 (Strongly Disagree) to 5 (Strongly Agree)

- I am aware of when my body feels tense or overwhelmed. \_\_\_\_\_
- I know how to use my breath to relax my body. \_\_\_\_\_
- I notice physical signs of stress and can respond kindly. \_\_\_\_\_
- I understand that calming my body helps me think more clearly. \_\_\_\_\_
- I practice self-soothing or grounding techniques when I feel stressed. \_\_\_\_\_

**How has your relationship with your body and nervous system changed?**

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### Section 5: Reflection Questions

**1. What are the biggest changes you've noticed in how you *feel* day-to-day?**

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**2. Which tools or practices made the biggest difference for you?**

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**3. How has your perspective about stress, gratitude, or your emotions shifted?**

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**4. What positive outcomes or “wins” have shown up for you in the past 30 days?**

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**5. What’s one daily habit or practice you want to continue after this journey?**

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*“Every breath, every moment of awareness, every shift in perspective rewires your life for calm, clarity, and joy.” – Bonnie Durkin*

## **You Flipped the Switch!**

Take a moment to celebrate yourself — not just for finishing these 30 days, but for choosing to show up for your own growth and well-being.

You've learned to calm your body, shift your thoughts, and raise your mood.

You've discovered how your inputs — the things you watch, read, think about, and focus on — shape how you feel and what you attract.

Through small daily choices, you've created big internal changes.

Your nervous system has learned what calm feels like.

Your mind has practiced new ways of thinking.

Your heart has opened to more appreciation and joy.

Remember, this isn't the end — it's the beginning of a new way of living.

Keep using the tools you've learned. Keep noticing what lifts you up and let go of what pulls you down. Continue to choose your inputs with intention, your thoughts with kindness, and your energy with love.

Each day you'll have new chances to flip the switch — from stress to peace, from resistance to appreciation, from self-doubt to confidence and flow.

You now carry everything you need inside you to return to calm, clarity, and alignment whenever you choose.

I would truly love to hear from you and know what this 30-day journey was like for you — what shifted, what you discovered, and what surprised you most.

Your experiences not only inspire me but also help others who are walking their own path of growth and transformation.

If you'd like to share, you can email me at [bonnie@bonniedurkin.com](mailto:bonnie@bonniedurkin.com) or post in our *Flip the Switch* Facebook group.

I can't wait to celebrate your reflections and see how you're continuing to use these tools in your daily life.

Thank you for taking this journey with me. The world is a little brighter because you did!

*With appreciation and love,*

*Bonnie Durkin*