

DIAMOND QUICK START INSTRUCTIONS

When you're ready to activate your 6-Minute *Diamond Alignment Experience*:

1. **Claim 6 minutes just for you.** This is your time to Connect and Align.
2. **Clear distractions.** (Turn off your phones, shut the door.)
3. **Turn on your audio, put your headphones on** and, if possible, select **full screen viewing** to enhance your *Diamond Alignment Experience*.
4. **Log in at DiamondAlignment.com** and **click the center Diamond** to begin.
5. **Sit back and relax.** There's nothing for you to do...the Diamond does it for you.

Consistency is the KEY to your success. Results are cumulative.

The more consistently you activate your *Diamond Alignment* online, the stronger you will become at holding this Alignment throughout your day.