

*Part Two*

DAY 4 Thursday HABITS AT HOME continued....

*Notice* which hand you use to wipe your backside. Guess what?

Yes, today try wiping your backside with your other hand! Same principle.

By *alternating* which hand you use you will be helping the **R** and **L** sides of your brain to become more *balanced*.

It may take a little longer to get into the swing of adjustment with this one, mind you!

*...Notes...*

