



Micro-DOSE'n ~ Winston Garland

## Big Announcement

"A Daily DOSE of Joy." <https://www.youtube.com/playlist?list=PLTtzh8YiWHyVyr5zgqoS3725rgNeTPYLS>

## Winston Garland's New Micro-DOSE'n Vlog Starts Today

Thank you so much for all of your incredible positive feedback about the Micro-DOSE'n tools and connecting on screen! Your energy has created wonderful momentum for me and lots of big daydreams. As a result, I am inspired to connect more through YouTube videos. So this is the Big Reveal...

This morning I recorded my first VLOG, "A Daily DOSE of Joy." **I will keep posting every morning setting the intention for a day full of DOSE and feeling joy, connection, clarity, and vibrancy together.** I will demo one of the Micro-DOSE'n tools, too. There will be special guests like Darren! I am also talking to some of my buddies (presenters from the retreat) to record our Zoom calls and share Whoopsie Daisy stories, Deeper Truths and use other Micro-DOSE'n tools together. Subscribe, If it flows easily for you 😊 This helps me feel a sense of connection with the folks who are watching.

This is going to be fun - "A rising tide lifts all ships!" Let's enjoy this rise together!

"A Daily DOSE of Joy." <https://www.youtube.com/playlist?list=PLTtzh8YiWHyVyr5zgqoS3725rgNeTPYLS>

## Getting Started: Winston's Micro-DOSE'n WhatsApp Group

Note: This WhatsApp group, though born out of the DNRS community, is not solely for DNRsers. It is open to also include our friends and family. We are all committed to the same uplifting guidelines\*.

1) Type in the **Name of one of the tools** you would like to try into our group chat.

**Laughter Flow** - you do simultaneously with your buddy, one or both set a timer for 5 min.

**Slo-Mo Flow** - you do simultaneously with your buddy, one or both set a timer for 5 min.

**Whoopsie Daisy Story** - both buddies set a timer for 2.5 min. One person goes, then the other.

**A Deeper Truth** - both buddies set a timer for 2.5 min. One person goes, then the other.

2) An interested Buddy will respond.

3) Tap their text message and you will get a drop-down menu...

4) Tap 'Respond Privately' from the drop-down menu

5) Tap on the phone icon in the top right hand corner of your screen to give them a phone call.

5) Say Hi, introduce yourself briefly if you like, and get right into sharing the 5 min. tool. WHOO HOO

#### \*UPLIFTING GUIDELINE:

This group is specifically coming together to create DOSE chemistry / Positive Brain chemistry, so everyone is committed to using only positive language and not mentioning illness or symptoms during the 5 min. connection. \*If you notice that you or one of the buddies is having trouble following this guideline please let me know and I can reach out to clarify how this works.

#### MUTING & UNMUTING

notifications for this group: You can set this group and all [WhatsApp groups to mute](#). I find this a helpful easy tool to toggle on and off depending on my availability. There is a shortcut to reach the mute feature ...By swiping left on the group name in the chat list and selecting More. You can toggle on and off mute with ease. I will post a screen share I made of this in the group.

If you have questions or hesitation about how to use the group, reach out to me (Winston Garland) in WhatsApp.

#### LINK TO JOIN THE WHATAPP GROUP:

[Win's Micro-DOSE'n Tools](#)

#### CONNECTIONS

[YOUTUBE](#): Subscribe to connect with **A Daily DOSE of Joy** and learn about Tool updates

[Micro-DOSE'n Tool Box](#)

[https://www.youtube.com/playlist?list=PLTtzh8YiWHyWwUnSIO23KSptW\\_uJf7SJs](https://www.youtube.com/playlist?list=PLTtzh8YiWHyWwUnSIO23KSptW_uJf7SJs)

[A daily DOSE of joy](#)

<https://www.youtube.com/playlist?list=PLTtzh8YiWHyVyr5zqqoS3725rgNeTPYLS>

[BLOG POST](#) On Rewire your Wellness site - which includes descriptions and video demos of the Tools

<https://www.rewiringyourwellness.com/post/winston-s-micro-dose-n-toolbox>

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