

WWW.POSITIVEPRIME.COM



QUICK-START GUIDE FOR

# Positive Prime

by Kim Serafini

[www.positiveprime.com](http://www.positiveprime.com)



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## Introduction

Welcome Positive Primer,

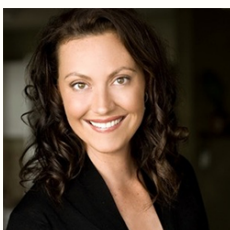
Congratulations on committing to a happier, healthier and more successful life with Positive Prime.

You have an extraordinarily powerful tool at your fingertips.

But to make the most of it, please take a few minutes to read this introductory guide.

Before you know it the positive effects, for as little as three minutes of commitment per day, will be showing up for you everywhere.

In excitement and gratitude,  
Kim Serafini



A handwritten signature in black ink that reads 'Kim Serafini'.

**Founder and CEO of Positive Prime**





positive  
prime

## WHAT IS POSITIVE PRIME?

Positive Prime trains your mind to become happier, healthier and more primed for success using state of the art, neuroscience- backed technology.

And in as little as three minutes, you can experience tailored audio-visual Sessions to transform yourself into your best version for any challenge life throws at you, increasing your baseline happiness for a better live.

For more, check out this video explaining Positive Prime:

[>>> CLICK HERE](#)



## WHAT IS A SESSION?

A session is a short audio-visual experience - a 'dynamic vision board', based on the latest in neuroscience and positive psychology.

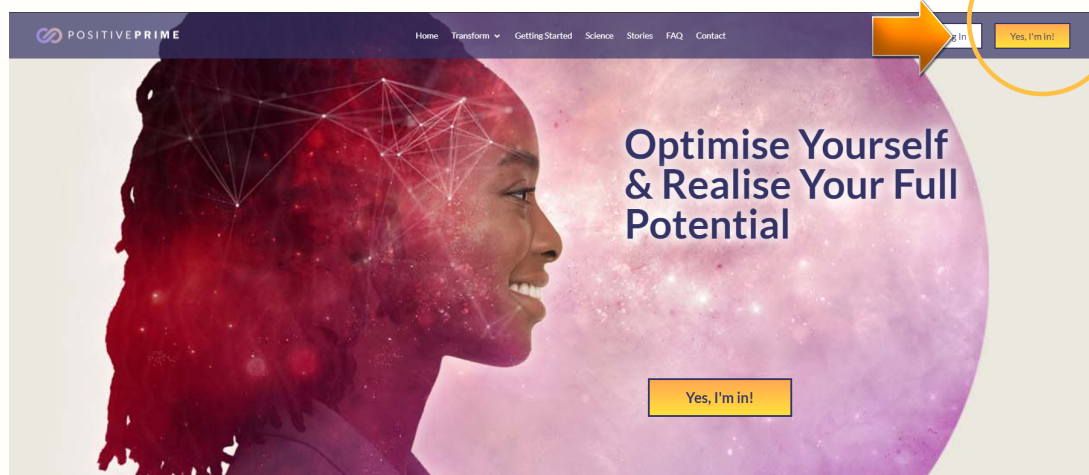
**In as little as 3 minutes a day, Positive Prime helps you:**

- Focus on what you want
- Reinforce what makes you amazing while increasing positive thoughts
- Change automatic negative self-talk to automatic empowerment
- Align your beliefs ("what's possible") with your goals
- Uplift your mood, empower, energize, inspire, motivate and educate yourself
- Inspire creativity and innovation
- Accelerate learning and sharpen your mental faculties
- Mentally rehearse and prime for success

## HOW TO GET STARTED?

**Skip this step if you already have an account**

Visit [www.positiveprime.com](http://www.positiveprime.com) and click "Start my Free Trial". Click here to use all the features of Positive Prime, including personalization, and over 100 sessions for 10 days.





## HOW TO LOG IN

1) Visit [www.app.positiveprime.com](http://www.app.positiveprime.com).

2) Enter your email and password.

3) Press Log in.

A screenshot of the Positive Prime login page. The page has a dark purple background. At the top, there is the Positive Prime logo. Below it, there are two input fields: "EMAIL ADDRESS" with the text "kim1@positiveprime.com" and "PASSWORD" with masked characters. A purple "LOGIN" button is centered below the fields. At the bottom, there are links for "Don't have an account? Sign Up" and "Forgot Password?". A footer note says "If you are having trouble please contact support@positiveprime.com".

## HOW TO RESET YOUR PASSWORD

1) If you forget your password, please click 'Forgot Password' at the bottom right of the screen.

2) Enter your email address and click RESET PASSWORD.

3) **After a few minutes** you will receive a password reset email and follow the instructions.

A screenshot of the Positive Prime password reset page, which is identical to the login page. However, the "Forgot Password?" link at the bottom right is circled in yellow, and a large yellow arrow points towards it from the left. The rest of the page content, including the logo, input fields, and buttons, remains the same.

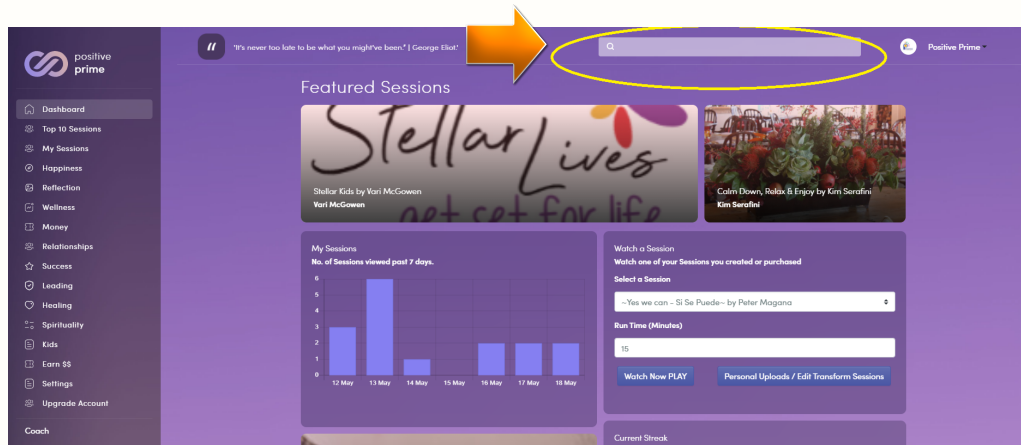




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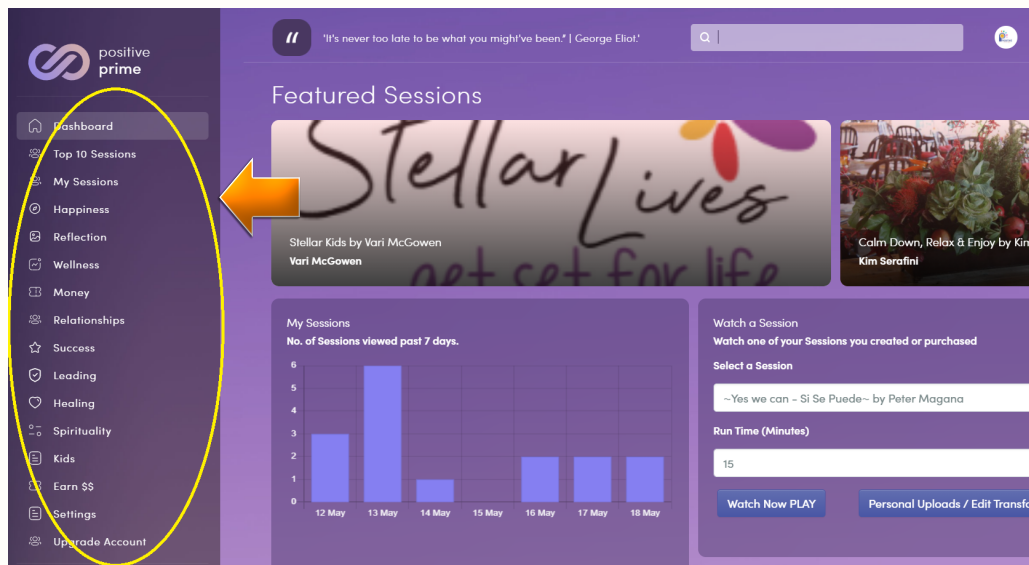
## DASHBOARD

To search for a specific session, type it into the toolbar.

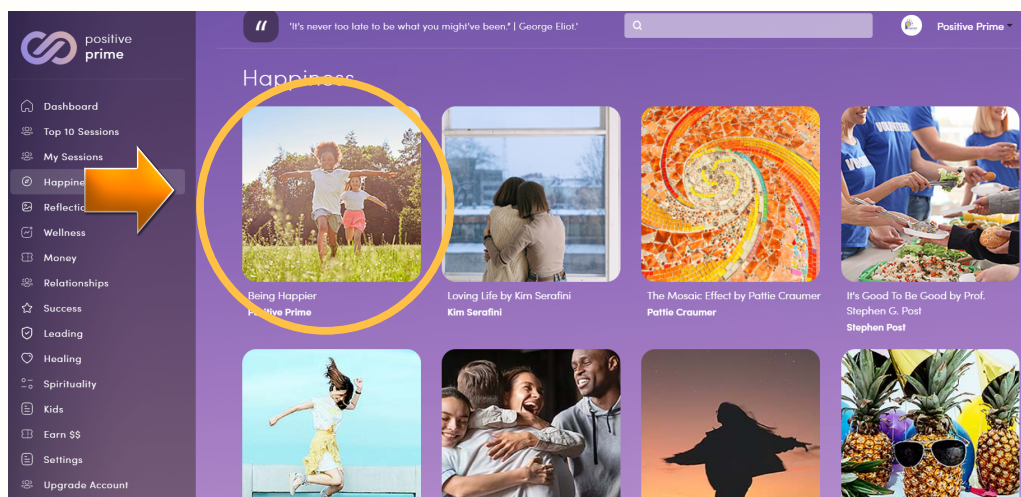


## SESSION CATEGORIES

You can also select a Session based on how you are feeling from the available categories located on the left hand menu.

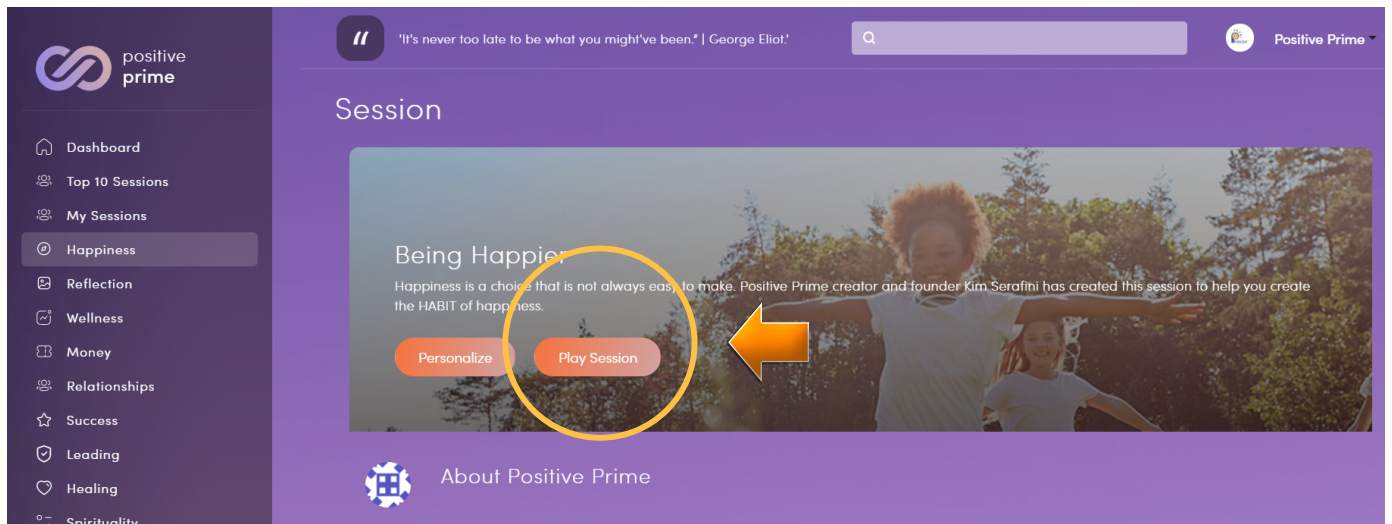


Then Select the Positive Prime Session you want to watch.





Press Play Session to start watching your Positive Prime Session.



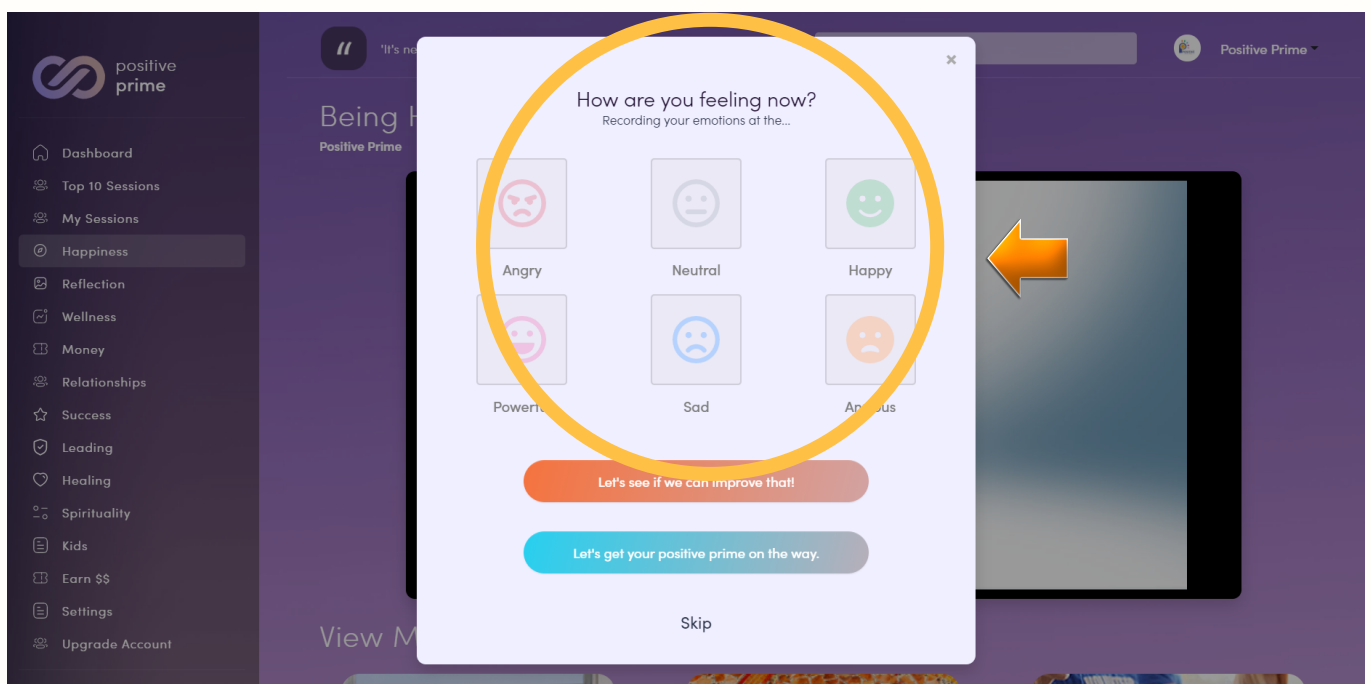
## THE SESSION

Once you have started playing your Positive Prime Session, you will see a pop up survey.

Ask yourself 'how are you feeling now?' and select the icon.

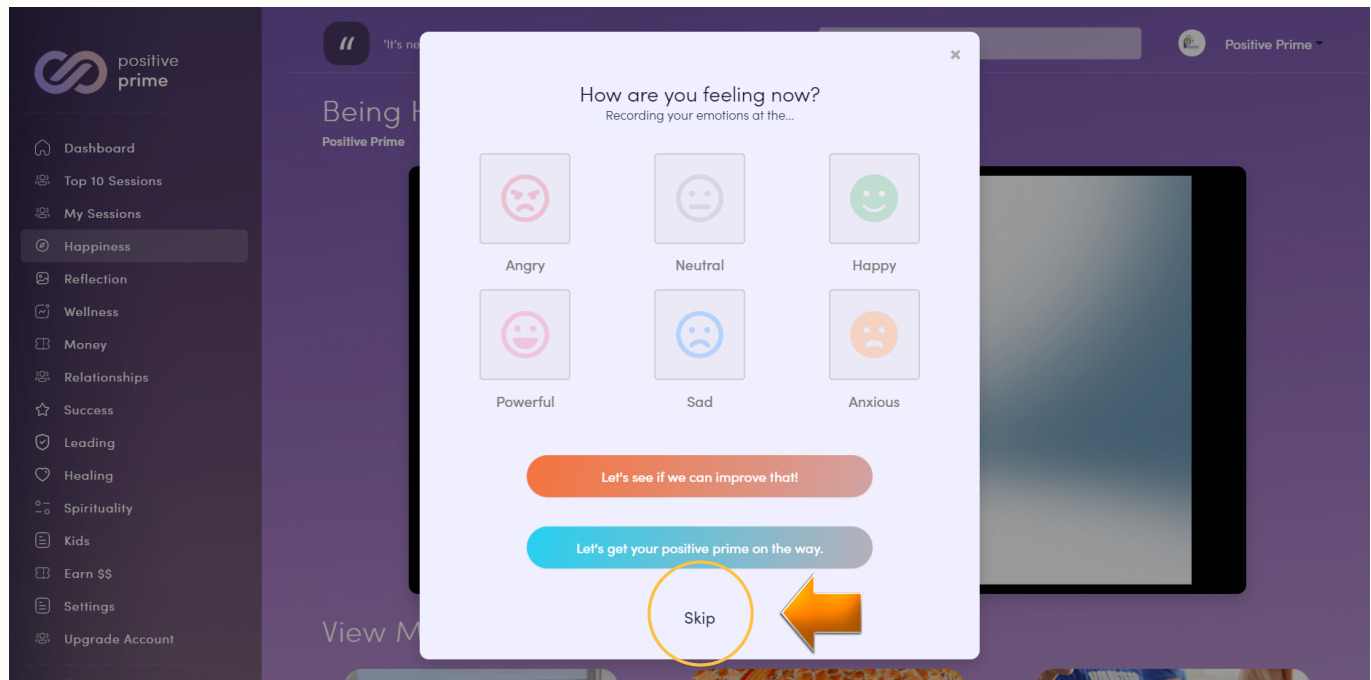
Then click "Let's see if we can improve that!".

**Note: If you're already feeling 'Happy' or 'Powerful' your Session can take you even further!**

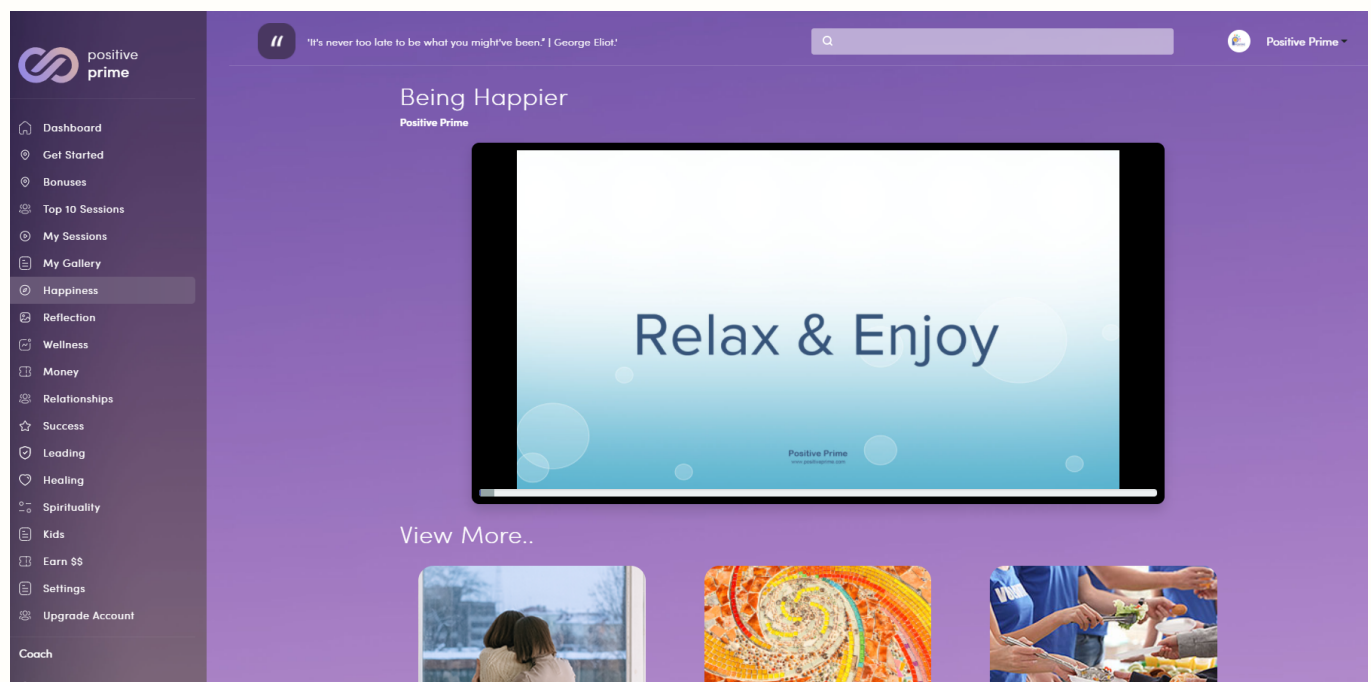




Alternatively you can click 'skip' to continue without selecting.



And your Positive Prime Session will begin.





# positive prime

## VARIABLE SPEED

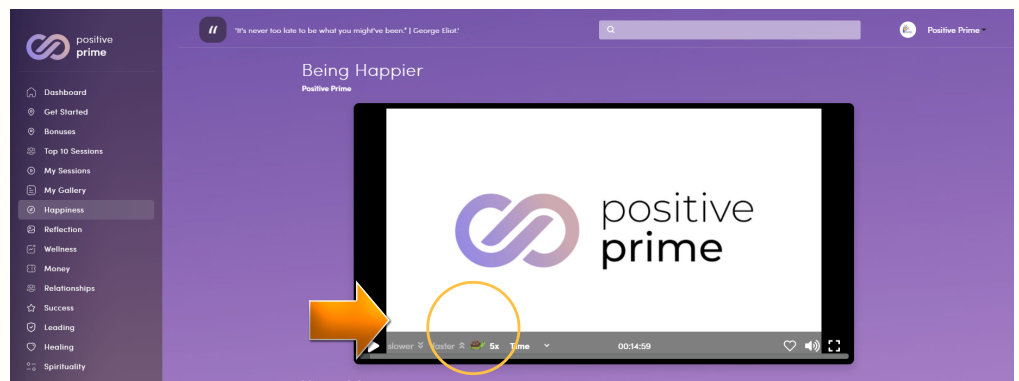
The variable speeds help you customize your experience. You can adjust the viewing speed by clicking on the faster button to speed it up, and the slower button to slow it down as your session begins to play.

At slow speeds, you can immerse yourself in the beauty of the images and read the statements. At high speeds, the messages will bypass your mind's critical filters to be absorbed directly into your other-than-conscious mind without any "argument", helping you upgrade any self-limiting beliefs.

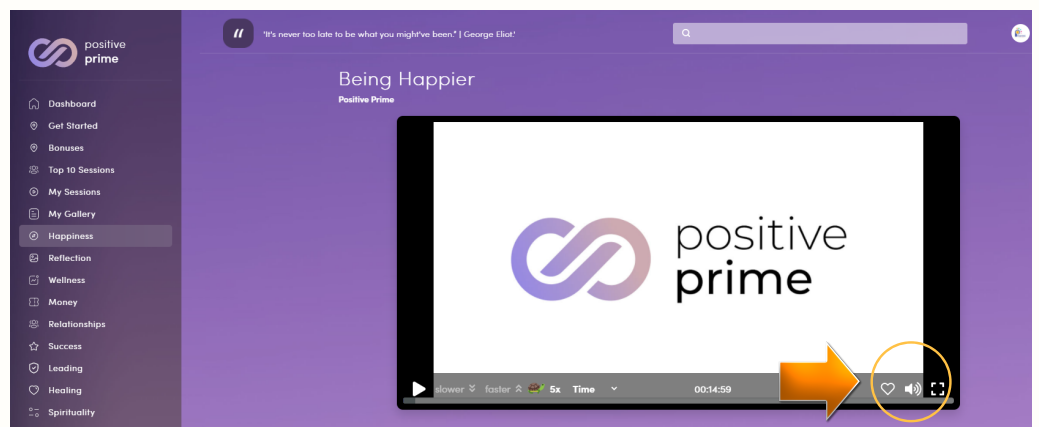
**NOTE: If you see our little turtle friend Poppy she is just letting you know that your internet speed could do with a boost. She's got your back and will optimise your speed options for you to have the best possible Session.**



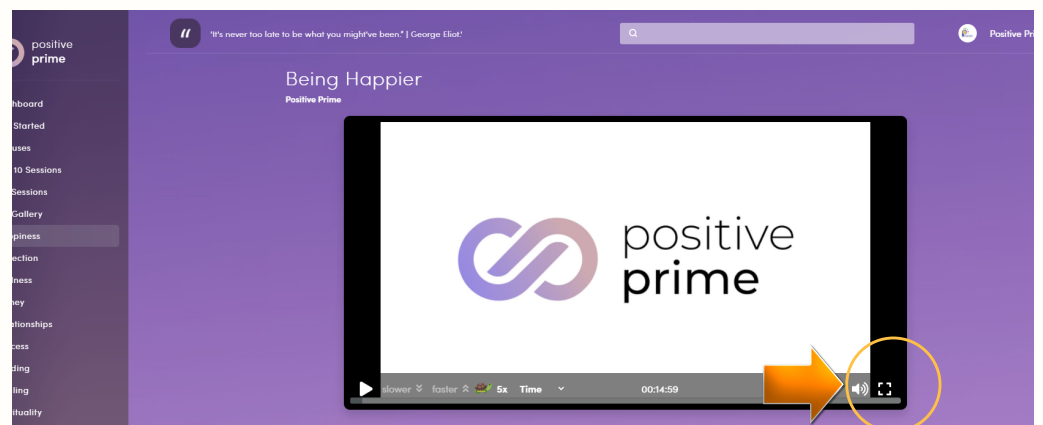
To change the speed Click 'slower' or 'faster'



To turn the sound on and off Click the Sound icon.



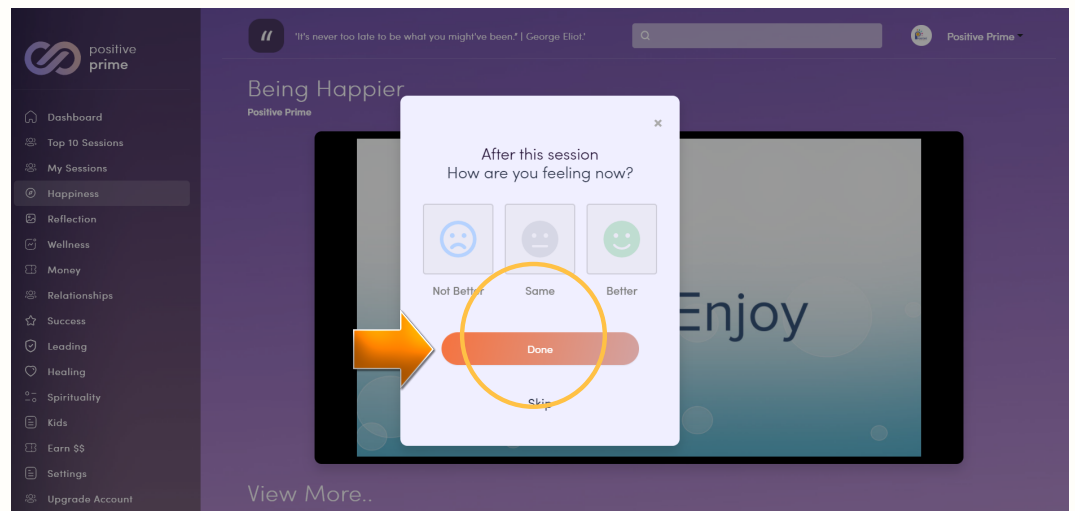
To go full screen click the full screen icon.



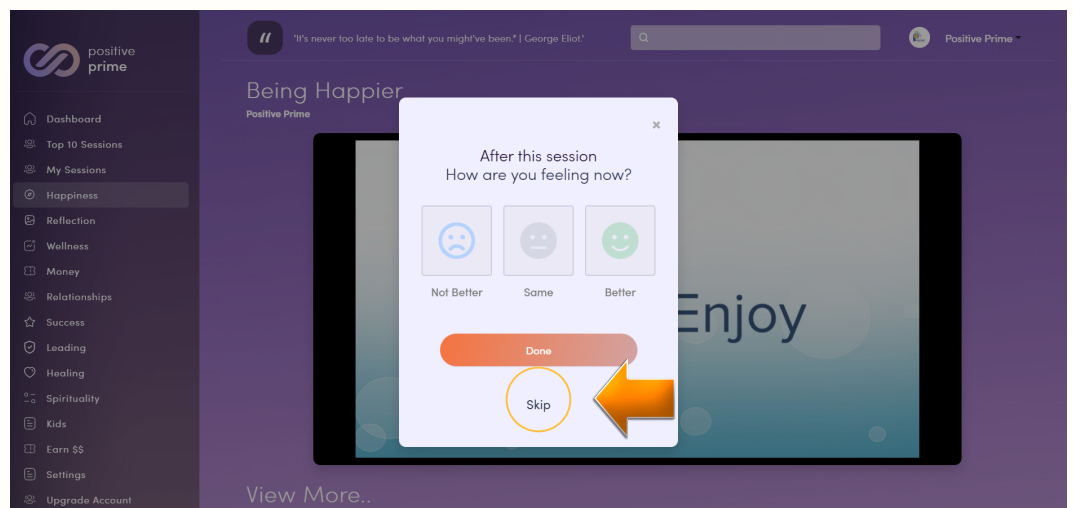




When you finish your Session, click your answer to 'How are you feeling now?' and select Done.



Alternatively you can click 'Skip'.



## PERSONALIZATION

Personalizing a Positive Prime session is a key feature to maximize its power and your own emotional engagement. When you see images of smiling, happy, confident people doing things you envision yourself doing, your brain automatically 'connects' with them.

Your mirror neurons start to fire, and you start to automatically think and feel the same way as the people you're observing.

Now imagine the connection when your own images are showing up among the other positive images.

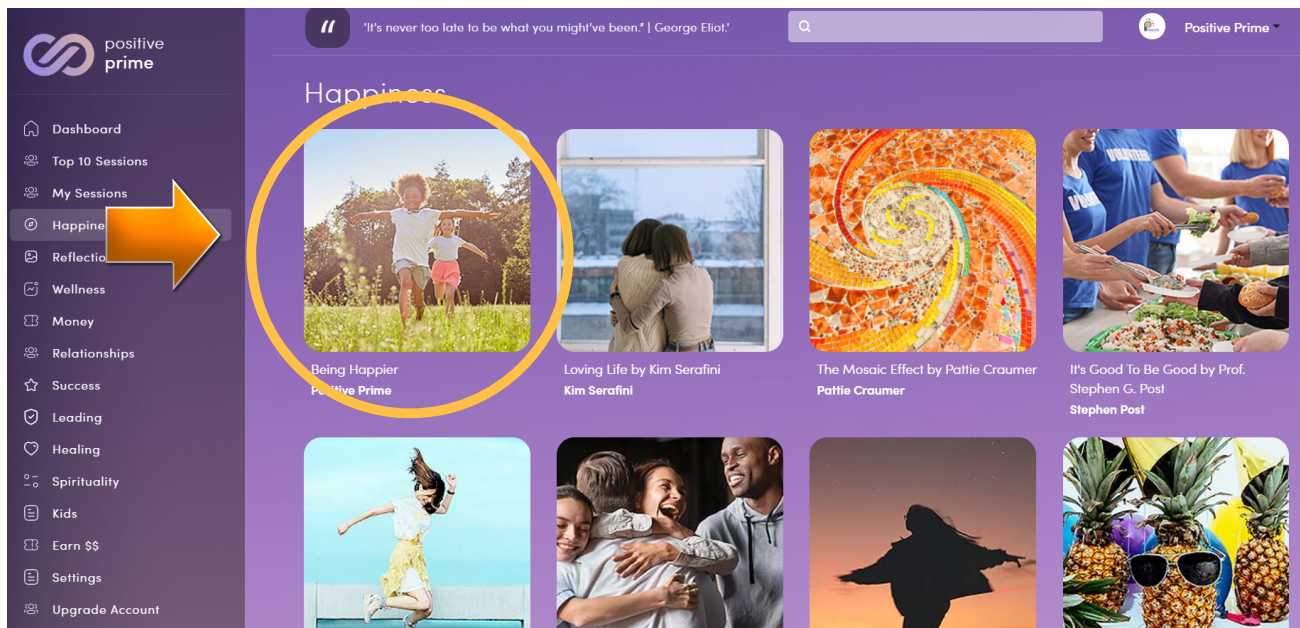
You are now a feature of the movie with a leading role. And it's an entirely new experience for engagement, interest and supercharging positivity.

Laugh  
&  
be happy

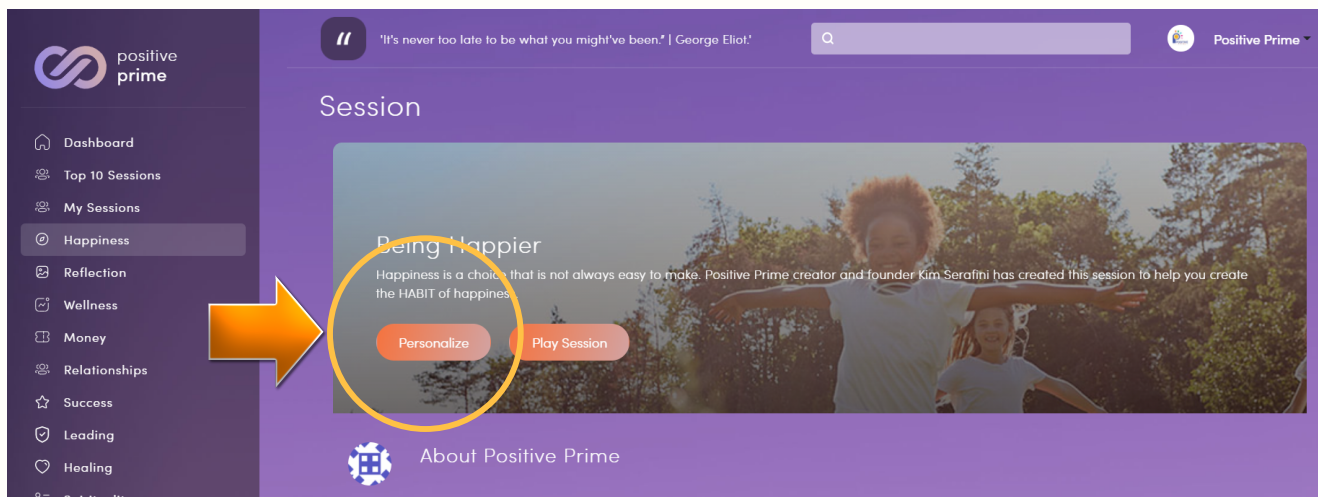


# HOW TO PERSONALIZE YOUR SESSIONS

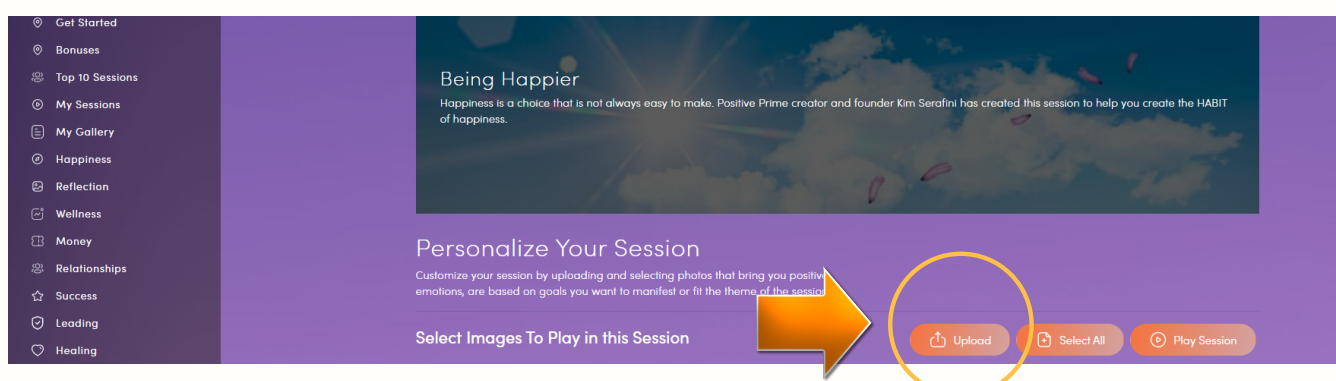
Select the session you want to personalize.



Click the Personalize button.



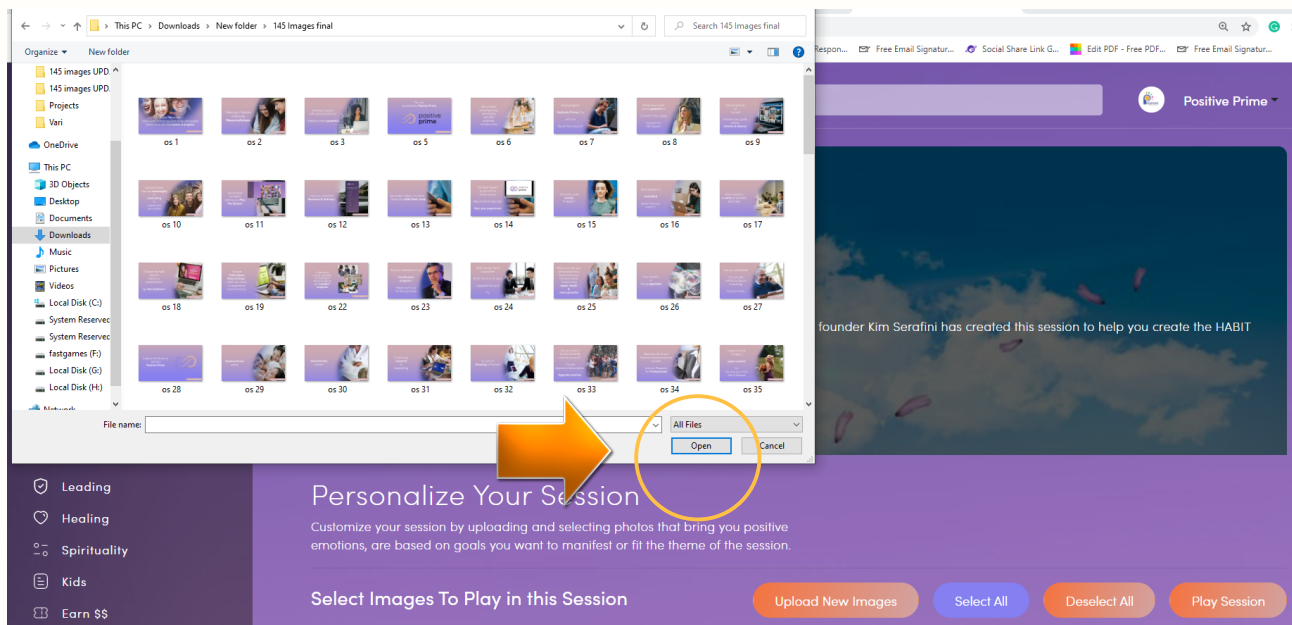
Click the Upload button.



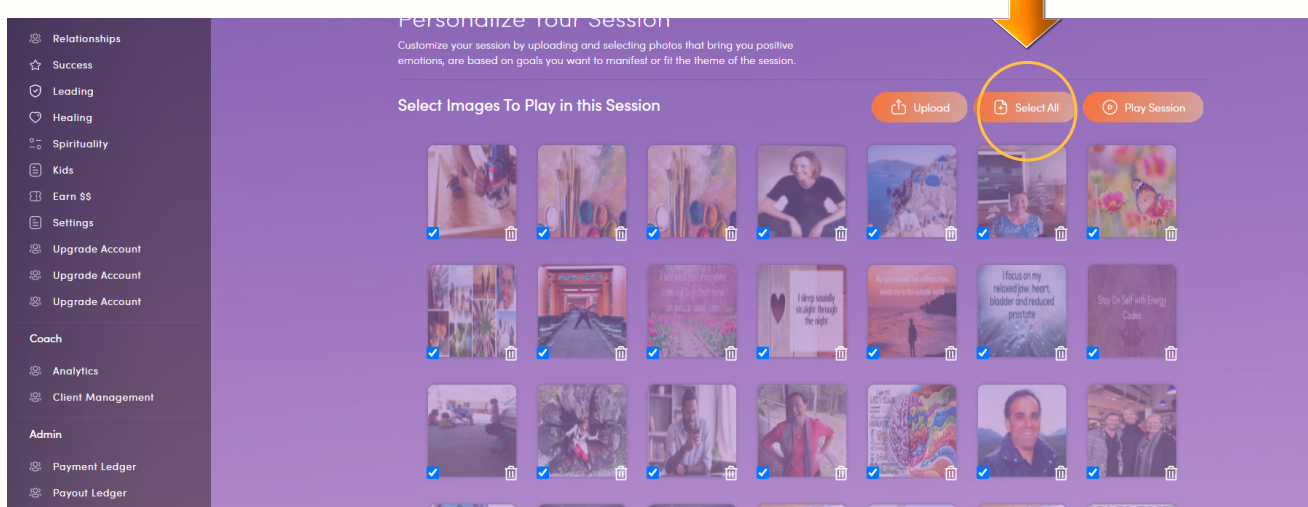




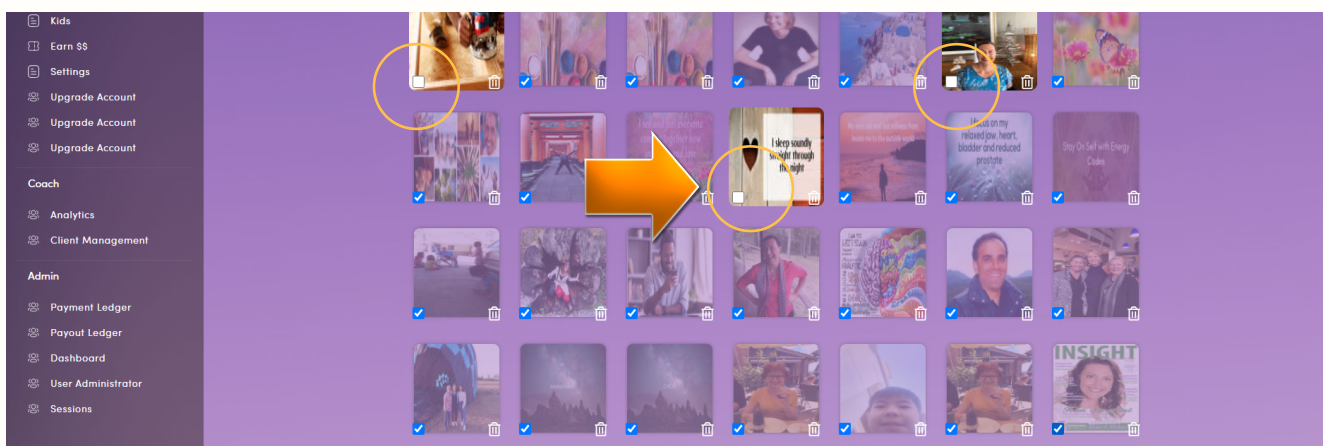
Select your images from your laptop or phone.



Select the images you would like in your Session by clicking the 'Select All' button.

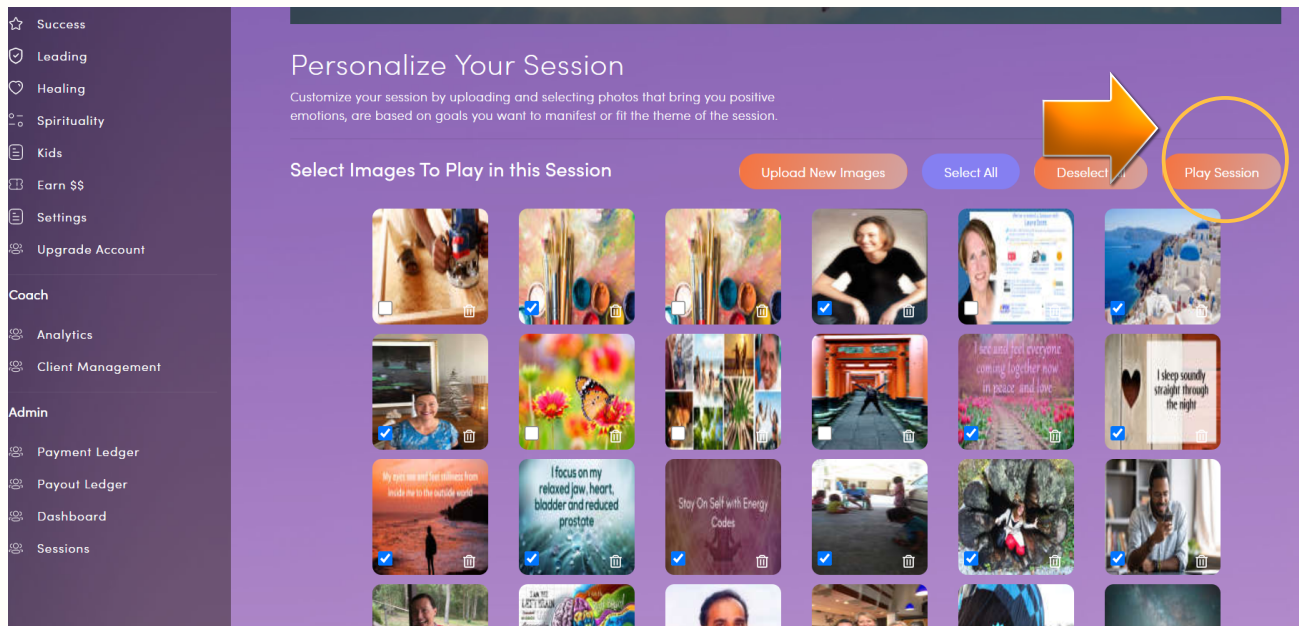


Alternatively unclick the ones you don't want by clicking each image.

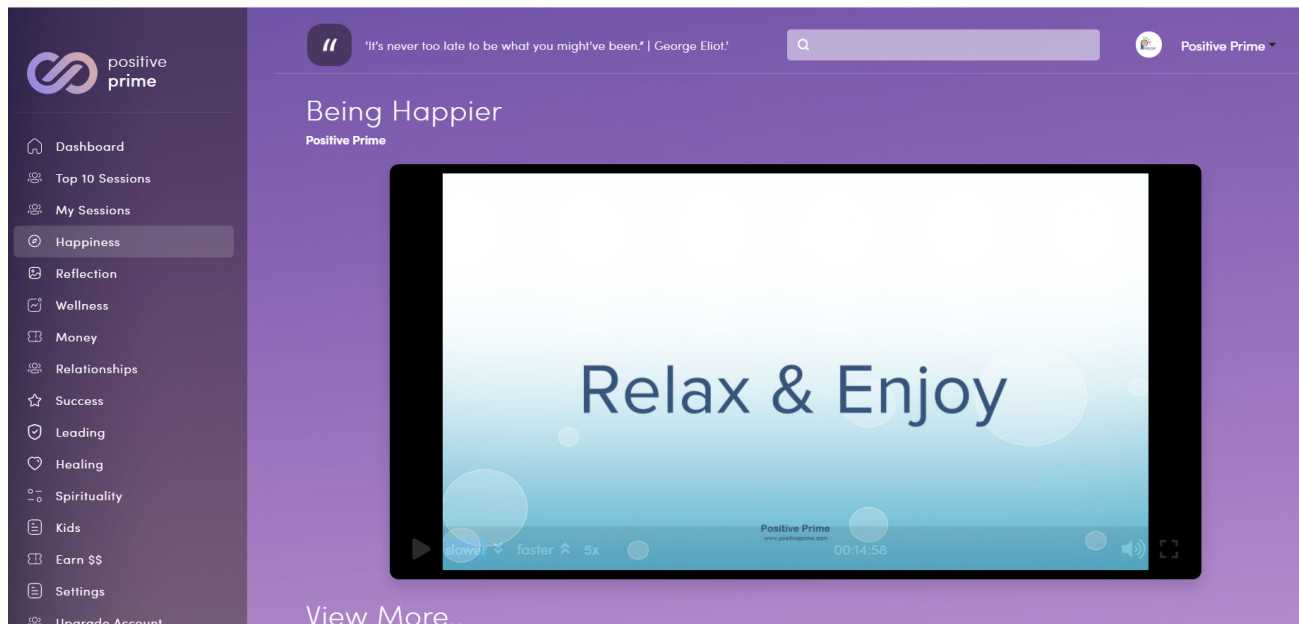




When you are happy, click 'Play Session'.



Sit back, and enjoy! :)



## PRO TIP:

Make sure to add images of yourself where you're feeling good and happy (it shows, even if only subconsciously) pictures of you smiling, are particularly important.

Add images that make you feel empowered - for example receiving an award, doing something challenging, etc. Images of people you admire, who inspire, support and motivate you.

It could be someone you know, or someone you'd love to meet - a hero(ine), your best friend, etc.

There is no limit to how many images you can add - if it makes you feel good, drop it in.





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Remember, Positive Prime is a tool and only effective when it is used.

Changing your attitude is just one way Positive Prime can help you every single day.

Look out for more information from the Positive Prime team landing in your inbox.

Any questions, please contact [support@positiveprime.com](mailto:support@positiveprime.com)

In gratitude,  
Kim Serafini

