

## Swaps 1-1



# Swap Tracker

Can you master your Swap in real life?  
Track it here!

Color in a bubble each time you use your  
Power Word in real life. Let's make it stick!

# SWAP TRACKER

Color in a bubble each time you use a Power Word in conversation!

Used in Real Life

**BORING WORD**

scared



**POWER WORD**

petrified

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Index has the cut-out version of the Swapper Tracker



Work on up to 5 Word Swaps at a time. The goal isn't speed, it's using your Power Words naturally in real life. Make them stick before moving on!



Review your swap online to check how you're saying your Power Word.

