

Stay focused, take action, achieve goals, form good habits.

mindWatch™



Get started.



Buttons.

Power Indicator.

Displays battery charge
(0-100%)

Interval Toggle.

Scrolls through
time intervals

- LONG PRESS on chosen interval to turn vibration

ON or OFF

Intervals (in minutes):

1, 2, 3, 4, 5, 10, 15, 20, 25, 30,
45, 60, 90, 120, 180, 300 minutes

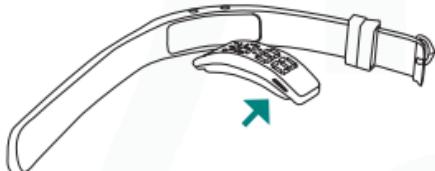
PLEASE READ FULL SETUP GUIDE BEFORE USING.

IP65 splash-proof (not waterproof). Please remove before getting in the bath / shower or doing the dishes.



Setting up your MindWatch.

1



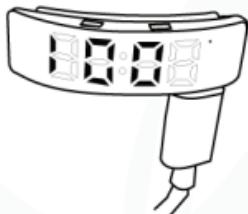
Remove your MindWatch from the strap to reveal the charging port.

2



Push the charger into the charging port (the front display will light up).

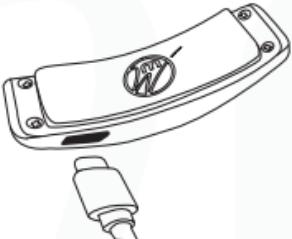
3



When fully charged it will display 100.

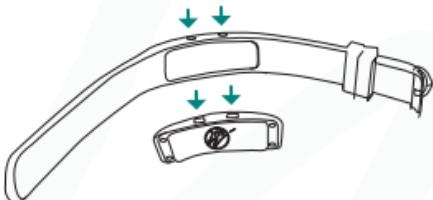
Charges in around 20-40 minutes.

4



Remove charger by holding MindWatch with one hand, and pulling charger out with other hand.

5



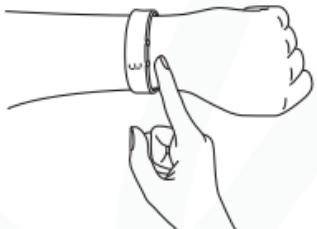
When you put your MindWatch back into the strap, make sure the buttons line up with the holes on the strap.



YouTube

For a video demo, search “mindwatch demo” on YouTube.

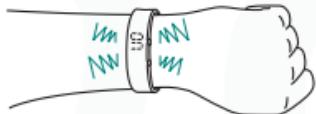
6



When your MindWatch has charge in it, it will become active by touch.

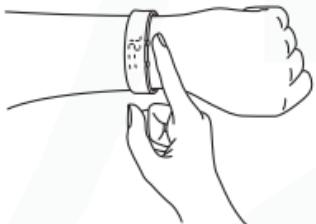
Press the interval button to move through the preset time intervals. Press and hold to select the one you want.

7



MindWatch will then display "on" and vibrate for 4 times (lasting 4.5 seconds).

8



Press the battery power button to check the charge (image shows 72%).

NOTE: You can only press one button at a time, wait until the display light goes out before pressing the other button.

To change the interval to something else, first turn the vibration OFF.

9



To turn vibration OFF, press the interval toggle once to activate the display, and then press and hold.

MindWatch will display 'OFF' and vibrate 4 times.

You can use the vibrating ON and OFF feature to anchor your goal to the vibration.

AVOID CONTACT WITH WATER. IP65 splash-proof (not waterproof).

Troubleshooting

(1). Sometimes after charging, my mindwatch shows random numbers!

Solution: If this happens, please turn it OFF and then ON again and the problem should go away.

(2). Sometimes the buttons don't press!

Solution: If you have the buttons on the correct side of the strap (see step 5) and the buttons still don't press, you may have a faulty button. Please contact us at

support@mindwatch.company

and we will arrange a replacement.

Stay Updated Join the “MindWatch Movement (owners community)” on facebook... you’ll be more than welcome.

QUICK START GUIDE to Focus-Repetition.

What you need to do.

1. Choose your focus (examples).

- **A physical action** (*correct posture*).
- **A visualisation** (*imagine the best version of yourself*).
- **An affirmation** (*I am enough / I'm the greatest!*).



2. Anchor it to the MindWatch vibration, so whenever you feel the vibration, you think it automatically.

N.B. You can anchor anytime by turning MindWatch ON or OFF.

3. Repetition, repetition, repetition! Select an interval from your device and get prompts as often as necessary to keep you on track until you've achieved your goal.

For more information visit: www.mindwatch.company

**Gratitude not only reduces stress and increases optimism,
research shows it also changes your brain!**



You are hereby, formally invited to join the exclusive
'MindWatch Movement (owners community)' on facebook!





**Be
Present!**

My Short Story.. Hi, my name's Paul, inventor of MindWatch - a tool designed to help you focus on what's important to you.

After years of reading books, attending personal growth seminars and listening to self development gurus share their knowledge, I started to hear the same great advice and pearls of wisdom over and over... It made me

think, since I already know it, why I haven't I done it already!? And that's when I realised... The solution to my problems is not more knowledge. I just needed a way of converting the knowledge I already have into physical actions and habits that stick around after the seminar has ended or the book is back on the shelf.

The first MindWatch was nearly a tattoo on my wrist that read 'Be Present! I believe everyone has at least one thing that if they did it would significantly improve their life, if you don't know what yours is yet, mindfulness is a good start, and finish.

I hope you make it as useful to you as it continues to be for me. If you have any questions please get in touch at: support@mindwatch.company And don't forget to join the MindWatch Movement (owners community) on Facebook where you can get help, advice and share your findings as the community grows. I hope to see you there, thank you, Paul Musgrove



*I can achieve
any goal I set
myself*

mindWatch

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CE RoHS
COMPLIANT **IP65**