

FOUNDATIONS DAY TWENTY ASSIGNMENT

If you judge something as wrong and you feel negative emotion, what is your inner self telling you?

If you buy a lottery ticket and don't win, name the emotion? _____

Is it positive or negative? _____ What's the intensity level? _____

Explain what your inner self is telling you through this emotion?

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Knowing what you have just learned through this emotion sent to you by your inner self, how would you look at this scenario and alter your perspective?

What is the purpose of your emotional guidance system?

Through the communication of emotion, where do you believe your inner self is guiding you?