

## FOUNDATIONS DAY SIX ASSIGNMENT

Your perspective of yourself in any and all areas of your life creates a vibration. That vibration is sent out into the universe (Quantum Field) and something comes back to give you an experience. This could be a thought, idea, some inspiration, an event, person, place or thing. The experience will come into your awareness and you will have a reaction or response and emit a feeling. That feeling is another vibrational packet of information and it's sent out again and another experience comes to you.

If you are having the same response to the same experiences, you are emitting the same feelings and receiving similar reflections. Nothing really changes. However, as soon as you shift your perspective, you will interpret the reflection differently and emit a new feeling. This is an entirely new packet of information that you are sending out. What comes back is also something new. This is exactly what you want to do to create positive change in your life.

Describe a recurring experience you've had several times in your life. Maybe it's been disappointment that something didn't work out. Maybe it's a physical condition that keeps flaring up. Maybe it's a similar relationship dynamic. Maybe it's a financial situation that keeps popping up.

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Describe the feeling you have when this happens

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What is the emotion?

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Can you see that you are having similar reactions to similar reflections? \_\_\_\_\_

Use one word to describe your perspective when recurring situations keep happening.

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If you could choose a higher perspective and react differently next time, what word would describe your new perspective?

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Notes

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