

FOUNDATIONS

DAY TWENTY FIVE ASSIGNMENT

Have you ever been told that you are too sensitive or too emotional?

Did/do you believe this is true?

Would you consider the possibility that your emotional sensitivity is actually a Superpower?

How could this quality be of benefit to you in your life?

Do you think it would be more beneficial to easily notice a shift in your emotions or would you rather be numb to any negative emotion?

Why?

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Think of something that you don't currently have in your life but you really want, ie. a condition, a relationship, an object or even a personal trait.

It could be the desire for a mentor, or a ride-or-die best friend. It could be financial freedom or abiding health. Perhaps it's a cabin in the mountains, a birthday party or a psychic ability.

Take some time to imagine or visualize this in your life. Do not answer the next question until you actually feel what it would be like to have this.

A) Describe the emotions you feel when you think about this.

B) Now describe the emotions you feel when you focus on the lack of this thing in your life.

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On average, which of the emotions, the ones from your answer to either A or B, do you feel most often?

What is your Inner Self communicating to you with the negative emotion you feel when focused on the lack of the thing you desire?

How could being sensitive to this negative emotion lead you quickly to your desire?
