

Mastering M.E. - Mind & Emotions

Week 2 - **LOVE**

Lifework Lesson TWO overview

Center

Intentions - personal and group

Recap of week 1

Connect Spiritually

Change - Neuroplasticity-Meditation-Vision-Actions

Let GO - (limiting beliefs & stories)

OBSERVE - 360 Awareness

Balance - 4 quadrants - Spiritual, Mental, Physical, Emotional

Share Gratitude and Win

Love - Love is Everything

Blocks to Love's presence

Compassion - Self

Others

Your LIFE WORK for the week.

Observe - 360 Awareness

Blocks to LOVE

Exercise Compassion

Turn UP the Volume- Increase your SELF-LOVE

READ, Feel, Experience your Vision

Set Goals - TAKE ACTION STEPS

Utilize your Planner -