

Mastering M.E. - Mind & Emotions

Week 3 - **FEEDBACK**

Lifework Lesson THREE overview

Center

Intentions - personal and group

Share Gratitude and Wins

Recap of week 2

LOVE is Everything - see love, feel love in everything

Practice BEING Love - - What were your experiences?

What did you Recognize as ways you **Block Love's presence?**

Compassion - Self and Others — How did you express compassion?

Share last weeks impact and experiences.

Feedback -Two sides of FEEDBACK. How we receive & how we alter. . .

How do you receive Feedback?

Emotions - Gut - Intuition - Reactions of Others

How can you alter feedback?

Create new outcomes, results, and effects

The ego self wants everything to stay the same so it can feel in control. Forward movement and expansion is what your soul craves. This disconnect is what often creates discomfort. Think of your soul self as the loving guide and parent of your ego self, making the highest decisions for the entirety of you, knowing that with your care and guidance the ego will always settle into its new reality. When you are tending to all aspects of self you will find it much easier to surrender into the forward movement you seek.

Your LIFE WORK for the week.

Observe - 360 Awareness

Pay attention to feedback, stories, limiting beliefs

Pause, Shift, and alter your old reaction with a new Response.

Create an Antidote to replace the old worn out and unwanted

Create new feedback by telling a new story everyday.

Anchor in to Spirit - Connect with your inner POWER

Turn UP the Volume- Increase your SELF-LOVE

READ, Feel, Experience your Vision

Set Goals - TAKE ACTION STEPS

Utilize your Planner -

