

Mastering M.E. - Mind & Emotions

Week 11 Emotion Mastery - feeling without giving it meaning

Meditation — Letting Go of stuck emotions and the meanings we have assigned to what an emotion is or feels like.

Recap of week 10

Mind Mastery - Accurate Thinking

Noticing where you are still allowing the mind loop to play

1. Responsibility
2. Self-Efficacy
3. Inner Power
4. Now
5. Self-Regulation

Emotion Mastery

This week's focus is on Mastering our Emotions. Emotions are associated with how we think or believe we feel – But how we feel is simply the result of our thinking or beliefs. Try omitting the “F” word, I feel.

This week we let go of past meanings, beliefs, and thinking what an emotion means and begin to feel Emotions without labels – without judgement.

Tips for crafting your vision statement

1. Project five to 10 years in the future.
2. Dream big and focus on success.
3. Use the present tense.
4. Use clear, concise and jargon-free language.
5. Infuse it with passion and make it inspiring to you
6. Align it with your core values, business goals, and life dreams.

Your LIFE WORK for the week.

1. Emotional Mastery-Put into words your process for mastering
2. Experiment - 2 day Fast or blindfold yourself for 3 hours and move thru your life dealing with all the emotions that arise.
3. Answer questions in week 11 Lifework
4. Set Goals -TAKE NEW ACTION STEPS - Utilize your PLANNER
5. Rewrite your VISION.