

*Let go of not useful emotions and
replace them with BEAUTIFUL emotions.*

*WRITE DOWN 3 POSITIVE AND 3 NEGATIVE EMOTIONS YOU FEEL ON A DAILY BASIS.
(IT IS YOUR HABIT AND EMOTIONAL HOME)*

*WHEN YOU FEEL THOSE 3 NEGATIVE EMOTIONS, WHAT KIND OF ACTION DO YOU
TAKE OR NOT TAKE?*

DO YOU LIKE THE RESULT OF THE ACTION?

*WHEN YOU FEEL THOSE 3 POSITIVE EMOTIONS, WHAT KIND OF ACTION DO YOU
TAKE AND NOT TAKE?*

DO YOU LIKE THE RESULT OF THE ACTION?

NOTE

*Let go of not useful emotions and
replace them with BEAUTIFUL emotions.*

WHEN YOU FEEL ANGER, HOW DO YOU FEEL IN YOUR BODY?

WHAT KIND OF ACTION DO YOU TAKE WHEN YOU FEEL ANGER?

IS IT SERVING YOU TO BECOME THE MOST BEAUTIFUL VERSION OF YOU?

*HOW WOULD YOU FEEL DIFFERENTLY IF YOU CAN LET GO OF ANGER AND PRACTICE
FORGIVENESS?*

*WHERE CAN YOU FOCUS ON GRATITUDE INSTEAD OF ANGER IN THE AREA OF YOUR
LIFE? WHERE IS WORKING WELL?*

HOW DOES YOUR IDEAL SELF HANDLE ANGER?

*Let go of not useful emotions and
replace them with BEAUTIFUL emotions.*

WHEN YOU FEEL FRUSTRATED, HOW DO YOU FEEL IN YOUR BODY?

WHAT KIND OF ACTION DO YOU TAKE WHEN YOU FEEL FRUSTRATED?

IS IT SERVING YOU TO BECOME THE MOST BEAUTIFUL VERSION OF YOU?

IS THERE ANYTHING YOU CAN CONTROL 100% ABOUT IT?

IF SO, WHAT KIND OF ACTION CAN YOU TAKE?

*IF NOT, HOW CAN YOU PRACTICE TRUST INSTEAD OF FRUSTRATION?
HOW DOES YOUR IDEAL SELF HANDLE FRUSTRATION?*

*Let go of not useful emotions and
replace them with BEAUTIFUL emotions.*

WHEN YOU FEEL WORRIED, HOW DO YOU FEEL IN YOUR BODY?

WHAT KIND OF ACTION DO YOU TAKE WHEN YOU FEEL WORRIED?

IS IT SERVING YOU TO BECOME THE MOST BEAUTIFUL VERSION OF YOU?

WHAT EXACTLY ARE YOU WORRIED ABOUT? HOW CAN YOU MAKE A PLAN ABOUT IT?

*IF YOU CHANGE TO POSITIVE WHAT-IFS, HOW DO YOU FEEL DIFFERENTLY IN YOUR
BODY?*

*HOW DOES YOUR IDEAL SELF HANDLE WORRY? HOW DOES SHE REPLACE THE
EMOTION INSTEAD OF WORRY?*
