



PANDEMIC PROSPERITY #3: RELAXATION

THREE TOOLS TO CALM DOWN

What worries you? What makes you tense?

@WORK _____

@HOME _____

#1 LIVING IN THE MOMENT

See	Hear	Feel	Smell	Taste

#2 NAMING _____ & SUMMONING _____

	1	2	3
Emotions I've felt lately			
Areas I'm not having the feelings I want to			
Feelings that I want to cultivate this week			
What STATE do I want to be in this week?			

#3 REPHRASING

LIE	Benefit/Need	How does it limit you?	When first true?	How is it false?	TRUTH
Personality Lie:					

