

ACP | THE CAREER RESET

FEELINGS

101



Mel Savage
THE CAREER RESET

Contrast of Emotions



IMAGINE A SILVER PLATTER OF EMOTIONS. WHAT ARE THE ONES YOU WANT TO FEEL ON PURPOSE IN ORDER TO GET TO YOUR GOAL?

<u>POSITIVE EMOTIONS</u>	<u>NEGATIVE EMOTIONS</u>

The Worst That Can Happen



WHAT IS THE WORST FEELING YOU CAN IMAGINE EVER HAVING TO FACE?

WHAT WOULD THAT FEEL LIKE IN YOUR BODY?

Include all the elements of how it shows up. Where is it? What does it feel like? Temperature? Etc.

NOW WHEN YOU REALIZE THIS FEELING IS A VIBRATION, WHY DO YOU THINK YOU GO TO THE GREAT LENGTHS TO AVOID FEELING THIS WAY?



IF YOU WERE WILLING TO FEEL THIS EMOTION, HOW MIGHT YOU ACT DIFFERENTLY IN YOUR LIFE? WHAT MIGHT YOU ALLOW YOURSELF TO DO?

