

intuition

An ability to understand or know something immediately based on your feelings

map

You can't THINK your way out of FEELING. Your body is meant to process your emotions.

So, instead of suppressing them, overthinking them, or over-expressing them, see if you can sit back. Tune into your body. Allow the emotion to move through you. And then, turn on your intuitive abilities, **Sensing, Feeling, Hearing, Knowing, Seeing**, sharing what these emotions are trying to communicate and then using that information to make different choices moving forward.

1 What are you **SENSING** in the room atmosphere.

What are you **FEELING** in the room **2**

goal

What are you thinking?



5 What are you hearing from others?

What are you **SEEING** is happening **3**

6 What are you knowing/ learning that is new to you?

What are you/they saying in the room? **4**

PAINS

GAINS

What are their fears, frustrations and anxieties?

What are their wants, needs, hopes and dreams?