

WHAT ARE THE FEELINGS YOU CHOOSE?

You can decide what emotions most serve you in this balance between positivity and negativity.

You can't feel happy all the time, and I hope I have convinced you that you don't want to. You can decide which emotions will help you balance positivity and negativity.

I love the imagery of a silver platter of emotions. What are the ones you need and the ones you want to feel on purpose?

POSITIVE	NEGATIVE

