

# TOP THREE FEELINGS

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On a daily basis what are your three most common feelings?

1)

2)

3)

Why do you feel this way? Explain.

Describe each feeling and how you currently deal with each one.

1)

2)

3)

What results do these feelings create in your life?



# TOP THREE FEELINGS

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What would you like your top three feelings to be?

1)

2)

3)

Why do you want to feel this way?

How would your actions be different if you felt this way on a daily basis?

How would your results be different?

