

What are your current emotional states and rules?

We subconsciously have selected emotional states that we believe are important to experience or avoid. Towards states- we want to experience. Away states- we want to avoid.

Part 1. Finding your TOWARD states.

To find your states: What has been most important to you in life? And what else.

To put them in order: In the past, which has been more important for you to feel, state A or state B?

Part 2. Finding your TOWARDS rules.

What must happen for you to feel each of these states? Get specific and capture ALL your rules.

Creating Your New Emotional States and Rules.

Toward States:

1. Clarify your future: What kind of person do I really want to become in my lifetime. What do I want my life to really be about? What is the direction, not the destination?
2. What do my highest emotional states need to be to achieve this? Create a list.
3. Put them in order. What do I gain by having this state in this position?
4. What would it cost me by having this state in this position on my list?
5. What states do I need to eliminate from my list in order to achieve my ideal life?
6. What other states may I need to add?
7. What order do I need to have these in to achieve my ideal life?

Towards rules:

1. Make it easy to experience. "Anytime I
2. Make a menu: Anytime I: a) or b) or c) or d)

Examples: Making rules easy to achieve for the state of FUN.

I **experience** fun anytime I:

- a) laugh or
- b) see someone else having fun or
- c) feel mischievous or
- d) make someone else laugh

State- Gratitude

I **experience** gratitude anytime I:

- a) Think how lucky I am or
- b) Appreciate anything or
- c) Wake up breathing or
- d) I see Bron, Brooke or Max