

## UNCONDITIONAL EMOTIONS

Everything we want is because we believe it will make us feel the way we desire—good, or at least better. We believe we must obtain CONDITIONS that we want in order to feel the way we want... but it's not true. We can FEEL the way we want without needing any of the conditions. We can experience the UNcondition!

By imagining our dreams as if they're real, or doing or thinking about other things that elicit the feelings we want—the ones we believe we will have once we get what we want—we can experience the end result we're after NOW without having to wait for the conditions to change. By focusing on the emotion that is the true end result we're after, we can practice feeling it now, rather than feeling like we have to wait until we achieve our dream or desire. By feeling it before it comes—experiencing the UNcondition—not only do we enjoy the journey to our dreams more, we also put ourselves in a happier, healthier state of mind which makes us more able to accomplish our goals!

**Write down the key areas of your life (or go back over the goals you've already identified): ON THE NEXT PAGE**

- 1) COLUMN 1: Describe how/what you want them to be like.
- 2) COLUMN 2: Ask yourself WHY you want each of these dreams above? What is the *emotion* you want to experience? Write down at 5-10 FEELINGS you believe you will have when they are what you want.
- 3) Look through your lists of feelings and circle the ones that are either the most common among your lists or are the most important to you. These core emotions are the UNcondition you are desiring. They're feelings, not conditions you believe you need in order to feel them.

### **EXAMPLE**

I want FINANCIAL sufficiency and abundance. WHY? To FEEL comfort, secure, certain, free, **at ease/relaxed, excited**, inspired, **care free**.

I want HEALTH. Why? To FEEL limitless, active, choice, **alive**, vibrant, **care free**.

I want to TEACH. Why? To FEEL engaged, on purpose, **excited**, connected, contribution.

I want healthy FAMILY relationships. Why? To FEEL at peace, in acceptance, balanced, self-honoring, connected, **appreciative**.

I want to TRAVEL. Why? To FEEL adventure, learning, **appreciative, aliveness, relaxation, excitement**, richness.

I want LEISURE (camping, dinners, gatherings, nature walks, the beach, boating, snorkeling, tubing, etc). Why? To FEEL fun, **alive, excitement**, joy, stimulated, novelty, **relaxed**.

<b>AREA</b>	<b>HOW/WHAT YOU WANT THEM TO BE</b>	<b>EMOTIONS/FEELINGS</b>
Home		
Partner		
Family		
Career		
Leisure		
Money		
Health		
Other		