

PICTURE THE POSSIBILITIES!

MAKE IT YOURS | A 5-SENSE PRACTICE

1 NAME IT!

What new or uncertain situation is on your mind?

2 IMAGINE IT WORKING OUT!

If things went in a way that works for you, what might you experience?

SEE

What would you see?

HEAR

What would you hear?

FEEL

How would you feel in your body?

DO

What would you be doing?

OTHER SENSES

Any smells or tastes you might notice?

3 TAKE ONE STEP!

What is ONE small thing you can do to move toward that outcome?

PRACTICE. PRACTICE. PRACTICE!

When uncertainty shows up, revisit your five senses and your next step.
You can feel anxious AND choose where to direct your attention.

**Did you know
that the feeling
of anxiety
mimics
excitement?**

EMOTIONAL MASTERY MADE EASY & FUN!

EMOMASTERS® | Self-Discovery Channel™

**What if you're
simply feeling
excited?**