

How Your Brain Operates

Become familiar with your state. Are you in the away state or the toward state? It's part of our human condition to fluctuate between the two states. The goal here is to increase your awareness and to become more aware of how your thoughts and feelings are impacting your actions.

- Which state most speaks to you given your current situation and circumstances? Do you feel that you're in the away state or the toward state?

- If you're in the away state, what thoughts are you experiencing?

- What feelings are present for you?

- What actions do you feel compelled to take from this state?
- If you're in the toward state, what thoughts are you experiencing?
- What feelings are present?
- What actions are you compelled to take from this place?

- What are you taking from this exercise? Outline what's bubbling up for you.

- What would you like to work on next?

Come back to this exercise often. The more attention you give this work, the more you'll receive.