Name: _____ Date: _____

CHANGE YOUR STATE

DEALING WITH HARD SEASONS

What emotion is prominent in this season right now?

What are the physical marks you are feeling under this emotion? (breath, posture...._)

When you picture someone depressed what do they look like & physical markers?

When you picture someone anxious what to they look like & physical markers?

When someone is excited what do they look like and physical markers?

When someone is at peace what do they look like and physical markers?

What are some physical things I can do to create the oppisite physical markers from the emotion during this hard season?

BE BETTER