



COLETTE BARON-REID'S
PERSONAL MASTERY



Where Does Your Energy Flow? - Homeplay

Have you ever been in a bad mood and you get on the highway and everyone seems to be in a bad mood, too? How does your energy impact your choices? Conversely, have you ever felt peaceful and walked into a challenging situation, but you quickly knew the right thing to say and do? Our thoughts and emotions not only impact how we experience the outer world, but also what we notice, what we attract, and what we are attracted to, unconsciously.

Personal Mastery is about recognizing this and being as awake and aware as possible on a daily basis. (no one gets this 100% ever! I like to say we strive for 75% magic, 25% muggle)

Here are your instructions for your journal work and how you're meant to experience your daily 24 hours. Remember, you are only noticing. That's interesting...

Be mindful of your thoughts for one day

- Where have I argued with somebody in my head?
- How often am I in fight/flight?
- How much time did I actually spend thinking about goals and desires?
- How much time did I spend trying to work something out or fix something that isn't mine?

Note: The subconscious doesn't know that it isn't real if you keep thinking about and feeling the same feelings.



- What energy are you aware of that is external to you and how much does it throw you off course?
- How does the outer world impact you?
- How does what you feel impact the outer world? (this would be more your immediate reality, friends, co-workers, families and anyone you personally encounter in your day)
- When have you felt a certain way and then noticed it mirrored in your outer reality?

Note: Even though we are doing this inner work, we still are trained to look at the outer conditions of reality to determine how we're supposed to feel.

We look to the outer world to determine what is possible which always shows us limitations.

Regardless of the outer world and outer conditions your dreams, sacred desires and intentions still count

Very important when you do this!

Be curious and mindful of your thoughts and feelings without judgement.

1. Go back and look at how you've learned to expect certain things
2. Now look at where your energy flows. What do you pay attention to?
3. What were my predominant thoughts for today?
4. What do you notice in your body when all of your attention has flowed to something challenging?
5. What do you notice when your attention goes to something positive?
6. Which takes more effort for you?