



COLETTE BARON-REID'S
PERSONAL MASTERY



Practicing the Feeling State

Moving through Personal Mastery, you have been focusing on creating a vision for yourself, a vision of the person you are becoming, by focusing on how you want to feel in the life you are creating.

Of all the things you've now chosen for yourself, can you create a feeling state?

Who is this person you want to become? In Module 3 you "remembered" the person you came here to become. You imagined the life you are choosing for yourself. You embodied that person and allowed yourself to feel the feelings of that state.

Now we want you to rehearse it.

- Find a song that, for you, represents how you want to feel. Joyful, confident, free, proud, or whatever feeling state you have chosen to be in harmony and coherence with.
- Download the song if you need to.
- Now, you can either:
 - A. Put on headphones and go for a walk in your neighborhood. Listen to your song and allow yourself to really embody that feeling. Check in with your posture. Put a big smile on your face! Really own this person and these feelings. Feel it in every part of your body!
 - B. Put on headphones or just turn on the music and go for a walk around your home. Listen to your song and allow yourself to really embody that feeling. Check in with your posture. Put a big smile on your face! Really own this person and these feelings. Feel it in every part of your body!



- C. Put on headphones or just turn on the music and practice from your chair. Listen to your song and allow yourself to really embody that feeling. Check in with your posture, sit up straighter, sway. Put a big smile on your face! Really own this person and these feelings. Feel it in every part of your body!
- D. Put the song on in your car and as you are driving allow yourself to really embody that feeling. Check in with your posture, sit up straighter, sway. Put a big smile on your face! Really own this person and these feelings. Feel it in every part of your body!

Practice this feeling state, everyday or as often as possible. Each time you do, check in with your journal. Note how you feel and any shifts or differences you notice each time you do it.

Pull one card asking:

What can I focus on or shift in order to enjoy more of this feeling state?

**If the card is in protection, that is something you need to shift.*