

The Game of Life for the 21st Century Worksheet

Module 9 – Chapter: Power of the Word – Energy Containers, Boundaries and Old Fashioned Chats

What is the energy of your thought words and your spoken word – fear or love? If they hold fear energy, sit quietly and “look at” your perspective that creates those negative, fear energy words. Follow the thoughts to the core. Do you judge yourself harshly? Do you believe that you’re not good enough? *When I looked at the energy of my words I discovered:*

You have tools to shift the fear energy to love. What did you use and what did you experience with the shift? *When I used _____ to shift the fear energy of my words to love, I felt:*