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Heart of Happiness Webinar

Feeling the Energy of Words :

Feel the energy of the following words:

- Love
- Fear
- Uncertainty
- Frustration
- Excitement
- Loneliness
- Sadness
- Joy

Notice your body language when feeling these emotions.

1. What does the emotion physically feel like?
2. Where is it felt in your body?
3. Which thoughts go with each of these feelings?