



SESSION #8: EMOTIONAL CONTAGION

We would all hope to be more positive and live a life of constant joy and gratitude. But we all know that it's easy to get sucked into the pools of pessimism or drawn into other people's negative energy or fears. But you do have the power to take back your power and live a more fully charged existence free from their influence – after all, you can command your thoughts and mind to feel how you determine you want to. Use these activities below to help you examine how you can live an even more free and happy life. Print this page and use a journal for additional space for your responses.

Negativity

- *When other people around me are being negative, I tend to...*
- *The way I define them as "being negative" means they are doing this...*
- *The best way I should handle these situations is to...*

Direct Doubt

- *When people directly doubt my abilities or intentions, I immediately start to feel...*
- *If I could hear people's criticism without taking it personally or slowing my progress, then I'd have to say this phrase to myself when they are criticizing me...*

Energetic Conformity

- *The person(s) whose energy that I often mirror or match, sometimes without even meaning to, is..*
- *That person's energy can be best described as...*
- *If I decided to no longer match that person's energy, but instead generate my own authentic energy, I'd have to say this phrase to myself whenever I am around them...*

Taking (Joyful) Control

- *If I could describe the idea kind of joy I want to feel in my daily life, it would feel like...*
- *The things I could do on a daily basis to feel more of that kind of joy include....*
- *I could bring more joy into someone else's life who is really important to me by more consistently doing this...*

Gratitude Now

- *If I wanted to cry with deep gratitude about life right now, I would remember that...*
- *The best practice I have for remembering to be grateful for life is to...*
- *If I was truly grateful for life right now, a big decision I would make from that place of gratitude is...*