

STEP 1 : Asking Your Question

- In the space below, please write out a question for which you do not yet know the answer (due to internal indecision, confusion, anxiety, etc.):

Before moving on, please write this same question at the top of the "Step 3" form

- How does the thought of answering this question make you feel?

From a scale of 1-10 (10 being the most) how strongly are you feeling the emotion(s) listed above (please place a number next to each emotion if you listed more than on "feeling")?

- If you were asked to answer this question right now, what would your answer be ?

- How does your chosen answer make you feel?

From a scale of 1-10 (10 being the most) how strongly are you feeling the emotion(s) listed above (please place a number next to each emotion if you listed more than on "feeling")?

- From where do you feel this answer originated?

STEP 3 : Receiving Your Question

- Please write down the question once more:
Now that you are in a more relaxed state, how does the thought of answering this question make you feel?

From a scale of 1-10 (10 being the most) how strongly are you feeling the emotion(s) listed above (please place a number next to each emotion if you listed more than on "feeling")?

- Please close your eyes, take a few relaxing breaths and ask the question silently to yourself once more. In this relaxed state what answer flows in?

- How does this answer make you feel?

From a scale of 1-10 (10 being the most) how strongly are you feeling the emotion(s) listed above (please place a number next to each emotion if you listed more than on "feeling")?

- From where do you feel this answer originated?

Do you have any questions or comments about your experiences during the 3 steps/exercises?
If so, please write them in the Comments section of the online course so all students may learn from your insights, experiences, and inquiries.