Activation for Communication

*What feelings, what e-motion, what way of being, do you choose to express now?*

*Imagine a situation where you are expressing your new choice, your new commitment to your Self. What do you see around you? What kind of background noise is there? What else do you hear? What are people saying about you or to you? What are you saying to yourself or others? What smells are you aware of? How does the energy feel in this new situation? How do you feel? Could this be part of your new normal? (write, draw or doodle your experience)*

*Be aware of opportunities to practice your new way of being, your new choice, in your daily life. What does it mean to you to live energetically aware?*