



## HEALIN' YO' FEELIN'

*"When you react, you let other control you. When you respond, you are in control."*

**Bohdi Sanders**

*"Only I can control how I feel."*

**Jenn Walker**

### Emotions 101:

Emotions are sensations in the body. Whenever we have an emotion, it's time to take a breath, sense where the sensation is in the body, get curious and choose how to respond in accordance to our desired outcome/goal.

Triggers are teachers. Every time you get triggered in your life or business, get EXCITED!! It's the Universe providing you with another tool to help with your purpose/goal.

Watch this lil video: <https://youtu.be/AWezSw6qeaE>

