

ENGAGEMENT

PRACTICE BEING FULLY ENGAGED TODAY
NOTICE THE EMOTIONS

FEAR - HURT - ANGER - SAD – JOY

NOTICE THE LANGUAGE THAT SHOWS UP

I WANT TO BE HEARD, SEEN, KNOWN, UNDERSTOOD, LOVED,
CARED FOR, IMPORTANT...

NOTICE THE BELIEFS THAT SHOW UP

BELIEFS INCLUDE:

- NO ONE CARES ABOUT ME
- WHAT DOES IT MATTER
- I'M NOT GOOD ENOUGH
- I WANT TO BE CHOSEN
- I ALWAYS GET REJECTED
- LIFE IS NEVER ABOUT ME

THESE ARE EXAMPLES AND YOU WILL HAVE YOUR OWN.

