**EXERSICE 3**

**HOW TO CHOSE YOUR EMOTIONS**

You may be at a crossroad in your life right now where you are wondering,

“What do I do next?

 Where do I go from here?”

 If you are, then open up your mind to invite ideas that answer the question,

“If I believed it was really going to work out, what could I do?”

 Instead of looking at what you don’t have and what’s wrong with it, pause for a moment and begin mentally to accept the great blessing that your life is right now.

**Take the good that you do have and be grateful for it. Take the steps that I explained at the begin and let me know your results tomorrow.**