

Core Desired Emotions

(For best results, use with the "Core Desired Emotions" guided meditation audio)

How do you want to feel in each of these areas of your life?

Faith

Family

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How do you want to feel in each of these areas of your life?

Fitness

Fortune

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How do you want to feel in each of these areas of your life?

Freedom

My First Pick Desired Emotions

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

- 9.
- 10.