

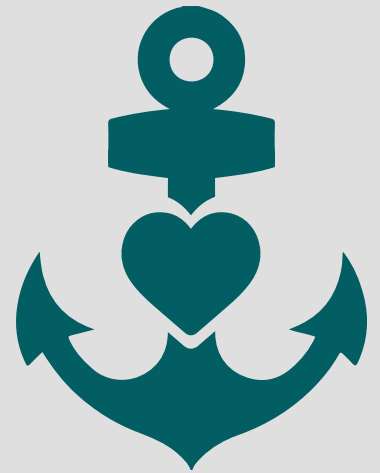
6 STEPS TO HONORING YOUR EMOTIONS



& ALIGNING IN LOVE-INNHERGY

ANCHOR

Anchor yourself in breath & silence away from others and distractions. Give yourself a moment of peace. Become aware your InnHergy.



AWARENESS

Become aware of your emotions, beliefs, and thoughts and how they are connected to sensational responses in your body.



ASSESS

Assess your beliefs, judgments, and opinions. Become aware of the conversation you are having with yourself about what transpired.



ADJUST

Be open and willing to see things from a higher view. Try on a new perspective. Adjust your perspective and be clear on your truth.

ACCEPTANCE

Acceptance centers on your willingness to focus on what you can control - *yourself and your responsibility* to be responsive as opposed to be reactive during pleasurable and uncomfortable events.



ACTION

Act on your truth in Love-InnHergy. Love-InnHergy is operating from a healed perspective that sees the humanity within self and others and works to cultivate harmony with civility, compassion & kindness.

