

Day 10: Emotions

Starting Point:

Do you consider yourself to be an emotional person?

We often concentrate on our negative emotions. Today let's concentrate on our positive emotions such as love, compassion, enthusiasm, joy, happiness, desire, wonder.

Which of these (or any other positive emotions) are you thankful are part of your personality?

Quote:

Feelings are much like waves, we can't stop them from coming but we can choose which one to surf. Jonatan Mårtensson

Bible Verse:

Bring joy to your servant, Lord, for I put my trust in you. Psalm 86:4

Inspiration:

<http://www.youtube.com/watch?v=nJkNOY2k70M&feature=related>

Technique challenge:

Use stars or hearts on your page today.

For inspiration look at the I'm different section of Dina Wakley's Portfolio at www.dinawakley.com

Or watch this video of Martha Lever's take on one of Dina's classes. <http://www.youtube.com/watch?v=ky3xBLqZ99g>

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