

IDEASheet Week 37

Living 5-5

8 Dimensions of MOST LIFE- Delight

This week we explore all of our senses and find ways to tap into that pleasure part of our brain that lights up with great scents, sounds, touches, tastes, live it up!

This week The 3 Questions we need to ask ourselves to create more DELIGHT and therefore more JOY are:

1. What scents, sounds, touches and tastes make me feel calm?

1. _____
2. _____
3. _____
4. _____

2. What scents, sounds, touches and tastes makes me feel loved?

1. _____

2. _____
3. _____
4. _____

3. What scents, sounds, touches and tastes makes me feel excited?

1. _____
2. _____
3. _____
4. _____

When we open our senses up and excite them in these ways we can stay in a great state. This is MOST LIFE Living!

I am so satisfied when I smell, hear or taste a really good:

1. _____
2. _____
3. _____
4. _____

This week I am going to surround myself with the scents, tastes, sounds of:

1. _____
2. _____
3. _____
4. _____

I am going to take action on getting: _____

By: _____

It will feel great!