

Living from Love or Fear

LOVE SOURCE	FEAR SOURCE
Smiling Laughing Experience enjoyed Experiencing happiness Feeling harmonious Feeling balanced Complimenting others Loving others Blessing others Praying for others Loving yourself	Gossip Resentment Complaining Criticism of others Sarcasm Unforgiveness Criticism of Yourself Anger Judgement of yourself Hostility Worry Hatred Frustration Anxiety Stress Fear Anything less than love Negativity of any kind...

	Living from LOVE Source	Living from FEAR Source
D ay 1		
D ay 2		
D ay 3		
D ay 4		
D ay 5		
D ay 6		
D ay 7		

Living from Love or Fear

For the next 7 days, fill out the Living from Love or Fear form. Under Living from Love Source, write down the positive things you participated in each day, such as smiling at someone, helping someone, reading positive information and so on. Use the Love Source list as a handy reference.

Under Living from Fear Source, write down the negative things you participated in each day, such as taking in negative news, gossiping, snapping at or arguing with someone and so on. Use the Fear Source list as a handy reference.

At the end of the day, review the negative and positive experiences.

I found it helpful to rate each day's 'loving' experiences on a scale of 1 to 10, where 1 is hardly featured and 10 is strongly featured. So a rating of 4 on the 'love scale' would represent not having many 'love based' experiences or thoughts that day and a rating of 4 on the 'fear scale' would represent not having many 'fear based' experiences or thoughts.

Do NOT beat yourself up for negative thoughts – that only adds to negativity! Simply notice what is going on for you.

At the end of the 7 days, take a look at your week.

- Do you find your life consisting of negativity more than positivity?
- Are you seeing the negative made manifest in your life from your thoughts?
- What can you do to become more positive?
- Do you see how negative thoughts and experiences are based in fear?
- Do you see how positive thoughts and experiences are based in love?

With diligence you will have fewer and fewer negative thoughts. You may find that you don't have much to say in the beginning, because you are eliminating negative speech as well.

You can continue to actively monitor your thoughts like this to heal fear-based negative thought patterns and beliefs and replace them with love-based positive thought patterns and beliefs and stay in your power.

If you keep a journal, write down what you learned through this exercise. (Highly recommended.)

(I am a strong advocate of keeping a journal to write things down to get them off the mind and into the light.)