MASTER MOMENT MAKERS
MEMBERS PORTAL

# WIELDING MY EMPATHIC ABILITIES

As you move through the Wielding Empathic Abilities Program:

Suggestion - Make a few copies of this pdf for your journal and observations throughout the course!

Write down which empathic practices you will try and keep a running note of how often you practiced them each day and week:

Note your observations as you practice each time. Was there a lot of mind chatter, scattered thinking, distraction? Did it evolve over time to providing neutrality or even some relief.

Which practices really resonate with you that you will likely use repeatedly?

Did you modify them in any way to suit your wielding of Energy and your abilities?