

HOW DO YOU REALLY FEEL?

It's a good idea to take stock every once in a while of how you really feel. This will give you an idea of whether the general tone of your inner attitudes and feelings are positive or negative:

If your Positive is in the neighborhood of twice your Negative, you are exceptional. You are creating the best possible internal environment.

If your Positive outweighs your Negative, you are headed in the right direction. Keep yourself "up" and continue to work on reducing the negative numbers. The fewer negatives, the less interference is projected into your field.

If your Negative is equal to or greater than your Positive, it's time for you to start working on a major attitude adjustment.

If your Negative is twice your Positive, you may be plagued by persistent feelings and anxiety, worry, or fear.
You