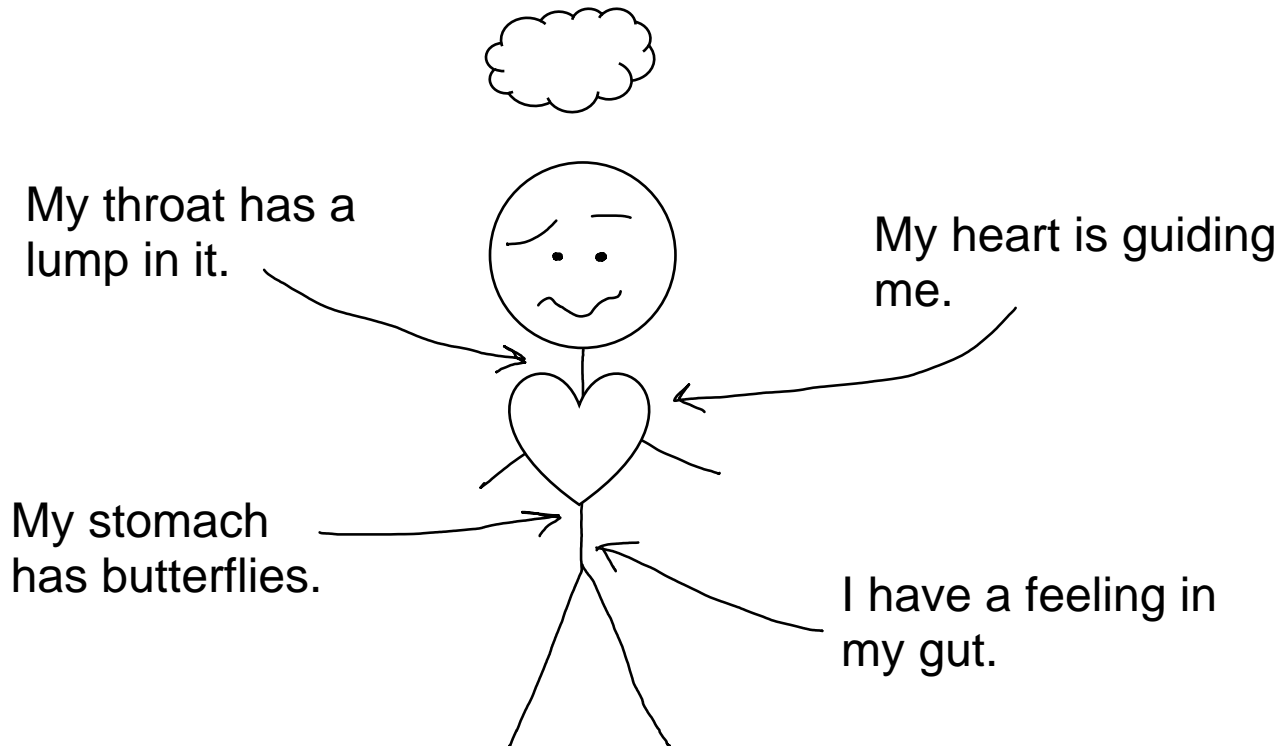


Name: \_\_\_\_\_

# I Make Decisions from My Heart

**I know what I need because my body speaks to me:**



**When I have a lump in my throat, I feel:**

\_\_\_\_\_

**When I have gut feeling, I feel:**

\_\_\_\_\_

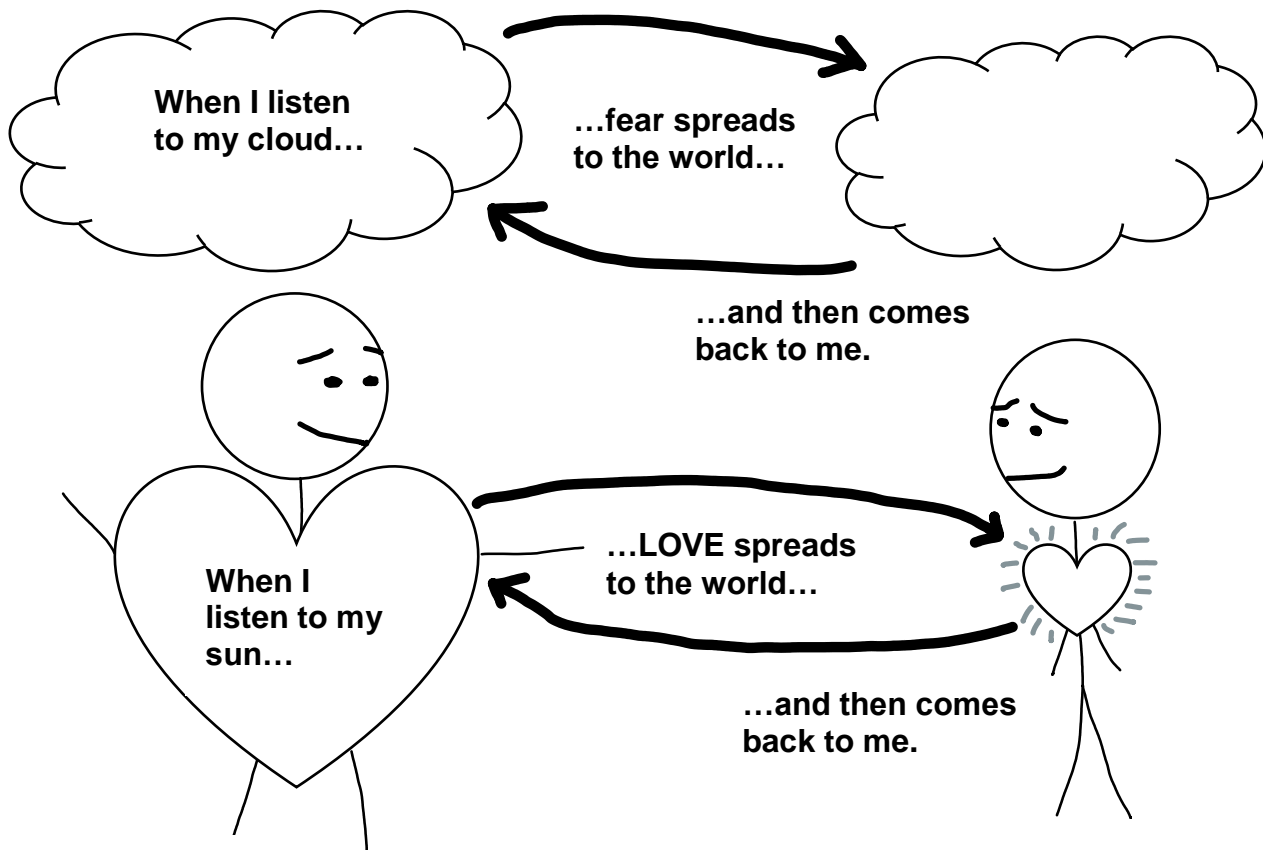
**When I have butterflies in my stomach, I feel:**

\_\_\_\_\_



# My heart is guiding me all the time.

What I give to the world I get back:



I remember listening to my sun when: \_\_\_\_\_

My sun grew and I felt: \_\_\_\_\_

I noticed other people around me feel: \_\_\_\_\_