

## Law of Polarity – Flip the Coin Activity

1. What is the thing you are thinking about?

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2. What emotion it is causing you to feel?

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3. What is the underlying belief or thought that is responsible for it?  
a. One line or phrase – Energized statement

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4. What is it you WANT to feel?  
What would be different?

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5. What details can you add?

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6. Ask Universe: What would it take to align with it?

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7. What action or actions FIRST came into your mind when you asked?

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