



F.E.E.L. Feel Every Emotion as Love™ Virtual Mastery Program



Michelle Bersell

F.E.E.L.: Feel Every Emotion as Love ROADMAP!



When you are ready to make changes in your life, it is common to simply jump in and start focusing on your new goals. Doing so without reflection, however, can lead you to face the same blocks without the insight or planning to recognize what you need to move forward. By examining what your feelings are regarding certain aspects of your life currently through the F.E.E.L. process, you will gain the momentum you need to make lasting change. Utilizing the untapped energy of your negative feelings, fears and ego will allow you to open further to the conscious creation process.

To begin developing a roadmap to consciously create shifts toward your ideal , you will want to focus on these major aspects of your life listed below. The first column is where you write about how you feel about each aspect of your life currently. The deeper you go, the more you open yourself up to awaken more of your potential. In the 6 month column, write what your ideal would look like. Even if you don't think you could create your ideal in 6 months, write it down anyway. By writing down your ideal, your focus becomes on the forward action you need to take to make your ideal your reality. While you are writing down your ideal, make sure to include any steps that will support you to get toward your ideal. (If you are uncertain, don't worry, the F.E.E.L. ™ Process will make your next step clearer.) The "Integrating F.E.E.L. column is for you to go back to after going through each section of the self-study program. After understanding how to integrate F.E.E.L., write in what your feelings, fear and ego are telling you in regard to this area of your life. What is your next step? What perspective shift are you meant to be focusing on rather than your fear/ego message?

Now you have created a roadmap as to the steps you need to take to create your ideal! If you find yourself getting hung up, at any time you can go back to listening to your feelings from the F.E.E.L. standpoint. Acknowledge the forward steps you have already taken. Write down where you feel challenged and utilize F.E.E.L. to see what new information comes through. It is wise to revisit and update your roadmap every six to twelve months to keep you on track to consciously creating a fulfilling life.

Aspects of Life	Current	In 6 months	Integrating F.E.E.L.
(1) Spirituality – How do I feel in regard to a sense of spiritual connection? How well am I able to trust?			

Aspects of Life	Current	In 6 Months	Integrating F.E.E.L.
<p>(2)Relationships</p> <p>How do my relationships feel (currently) as well as how you want them to expand?</p> <p>Include: Friendships, Intimate Relationships & Family</p>			

Aspects of Life	Current	In 6 Months	Integrating F.E.E.L.
(3)Physical Health How do I currently feel in my body and is there a way I can better serve my body in order for my body to better serve me?			

Aspects of Life	Current	In 6 Months	Integrating F.E.E.L.
(4) Emotional Well-Being Do my feelings and fears feel supportive to me? Are there still areas where I feel emotionally weighted down at times? If so, what are the triggers? What can I do to allow my emotions to serve me?			

Aspects of Life	Current	In 6 Months	Integrating F.E.E.L.
(5) Sense of Self In what ways do I demonstrate love and self-worth currently? Is there more authentic expressions ready to be revealed?			

Aspects of Life	Current	In 6 Months	Integrating F.E.E.L.
<p data-bbox="191 44 500 558">(6)Free Time In which ways that I currently spend my time serve my highest good? Are there more ways to bring out sensual expression, pleasures, and joy?</p>			

Aspects of Life	Current	In 6 Months	Integrating F.E.E.L.
(7)Home How does my home currently support my highest good? Is there a greater desire to have my home more fully support me? If so, in which way?			

Aspects of Life	Current	In 6 Months	Integrating F.E.E.L.
(8) Anything specific you may want to address not covered in the other categories—add here.			

Authored by: Michelle Bersell, M.A., M.Ed.
 Psychotherapist, Author & Host of The New Consciousness Evolution Audio Series
 1.800.695.0575
<http://michellebershell.com>
support@michellebersell.com

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.