

**5 DAY CHALLENGE**

**LIVE LIFE  
BALANCED**

With

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**Le'Siran Edwards**

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Hopewell Vision & Coaching

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# Live Life Balanced

## Day 3

Keeping our day 'in balance' let's start with a BONUS meditation.

Press play, turn away from the screen, close your eyes & relax. Running time 3+mins

**Click this link**

**<https://vimeo.com/281392718/0c5813a82c>**



# Day 3 - The Emotion Potion

## Today we'll cover:-

8 Key Emotions / Assess your emotions in line with certain areas of your life

Please remember to take a few minutes to think of or write down Your Gratitude for the day

Watch on Vimeo using this link: <https://vimeo.com/281481969/bba62b7a7f>

As mentioned in the video, if you would like a free consultation, FB message me or email:  
[info@hopewellvision.co.uk](mailto:info@hopewellvision.co.uk)

# 8 Basic Emotions

And the purpose of each one



**Anger**

To fight against  
problems



**Fear**

To protect us  
from danger



**Anticipation**

To look forward  
and plan



**Surprise**

To focus us  
on new  
situations



**Joy**

To remind us  
what's important



**Sadness**

To connect us  
with those  
we love



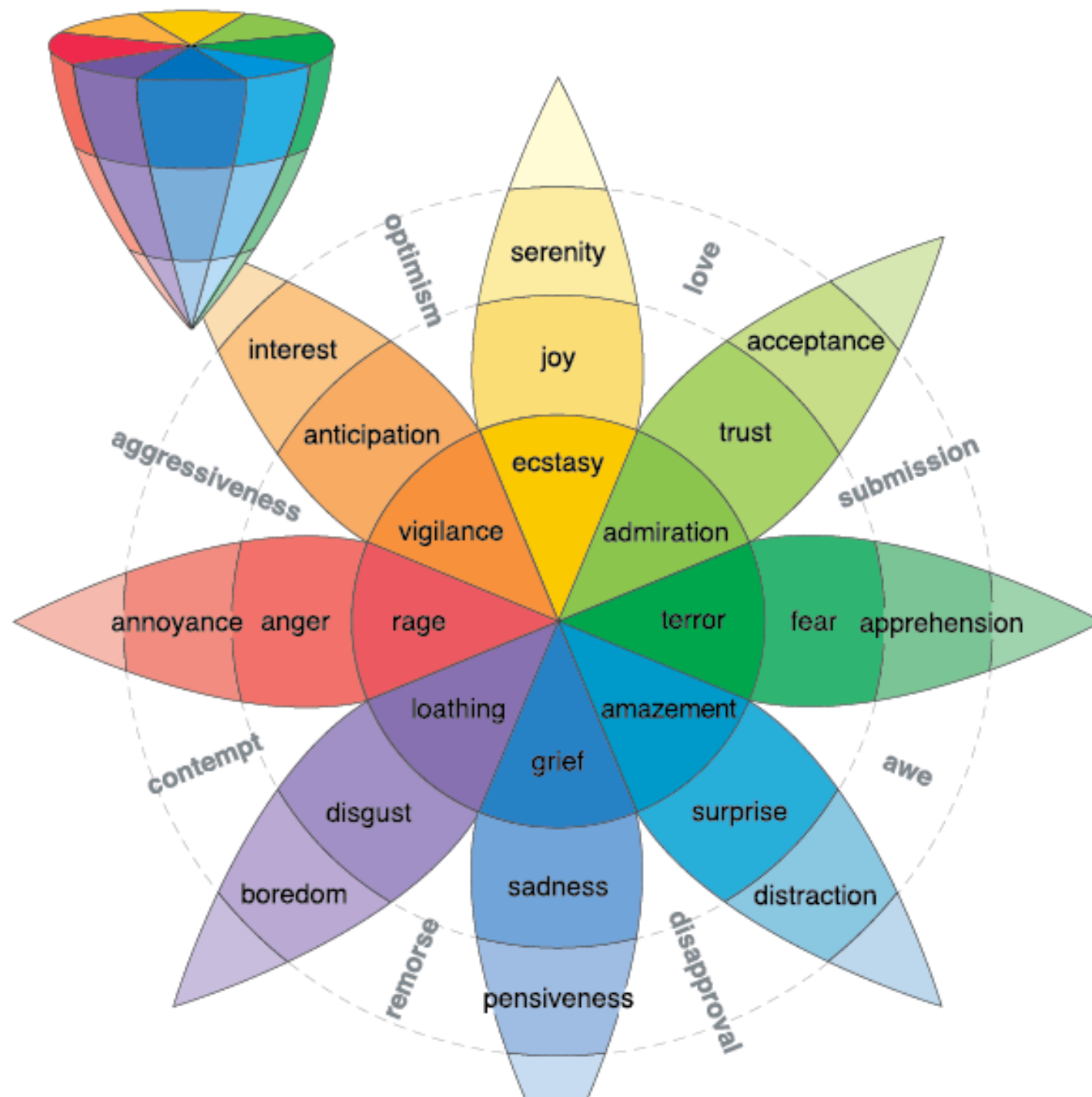
**Trust**

To connect with  
people who help



**Disgust**

To reject what  
is unhealthy



6 Seconds Image Diagram shows the relations between emotions.



**When you look at each area of your life, think about what feelings you have towards them.** Complete the table, you can refer to your notes from Day 1 & 2.

Area of Your Life	Feelings Towards this area of your life	Notes



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