

## Which feels better?

Another tool from Abraham-Hicks is the 'Which feels better?' game. When you are leaning towards feeling badly, choose another possibility and ask yourself, Which feels better? "I'm so out of shape, nothing I do seems to matter". That makes you feel bad. Another way to look at it, and still be truthful is, "I've felt more in shape before." That feels better! Or how about "I always feel better when I'm walking, even if it doesn't seem to make a difference in my weight." That too feels better!

This quick exercise can change your outlook and even show you where you may find answers you hadn't thought about before.

Don't be an Eeyore. Reach for feeling better in **THIS** moment and your next moment will be good.

