



Head, Heart and Wise Self

Let emotion and reason sit at the same table

Emotion carries needs, history and meaning. Reason offers facts, options and consequences. Your wise self does not silence either one; it listens for the choice that respects both.

1. Heart

What am I feeling? What matters to me here?

2. Head

What do I know? What are the likely outcomes?

3. Wise self

What choice honours my feelings and the reality I am in?

What is my heart saying?

What is my head saying?

What does my wiser, steadier self want me to know?

My next wise step
