

## ***DivaTude Workshop Exercise 3 Four Energies of Experience***

Spiritual	Inner Self
Mental	What we know and understand
Emotional	How we feel
Physical	What we do--action

Take a positive experience and break it down into the four energies:

Spiritual

Mental

Emotional

Physical

Was your self esteem high?

Take a negative victim experience and also break it down by the 4 energies:

Spiritual

Mental

Emotional

Physical

Was your self esteem low?

Now you can clearly see how the choices you made and reactions to a situation helped or hindered your self esteem.

How do you generally react?

Which energy tends to be most out of balance?