Date: _

WHAT COME YOU HERE TO DO?

Chapter 3 — Emotion

> *“Fear is the path to the dark side. Fear leads to anger. Anger leads to hate. Hate leads to suffering.”*
> Yoda, *Star Wars: Episode I – The Phantom Menace* (1999)

1. Identify your stressors; keep going until you can draw a diagram on a sheet with at least three relationships between them.
2. Name each lion. This is a trick question — lions aren’t necessarily stressors; trace them back.
3. Do the peripheral vision exercise, at least once. It works.

BONUS

Start one healthy habit, preferably addressing a cause you found.