

The Wisdom of Your Heart

Quick Reference Bookmark — FRONT

Instructions

- If you can, print on a printer capable of double-sided color printing. If your printer has the option, select “Long-Edge Binding.”
- If you don’t have access to that, you can print on any color printer, one side at a time. Print side one first. Then place the printed page back in the paper drawer, paying attention to which side the printer will print on, to print the second side.
- Ideally, print on white card stock.
- If your printer is aligned correctly, you should be able to cut the book mark out, following the cut indicators.
- Use the bookmark while you read **The Wisdom of Your Heart**.
- When you’re finished with the book, you can use the bookmark in your journal to keep the reminders close at hand.



The Wisdom Of Your Heart

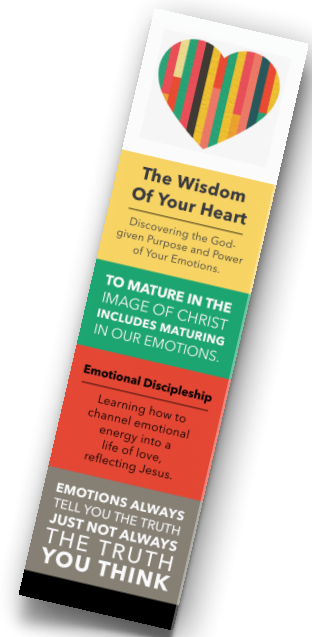
Discovering the God-given Purpose and Power of Your Emotions.

**TO MATURE IN THE
IMAGE OF CHRIST
INCLUDES MATURING
IN OUR EMOTIONS.**

Emotional Discipleship

Learning how to channel emotional energy into a life of love, reflecting Jesus.

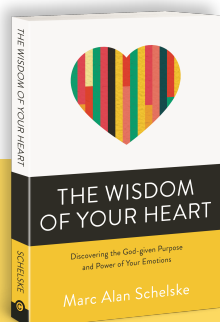
**EMOTIONS ALWAYS
TELL YOU THE TRUTH
JUST NOT ALWAYS
THE TRUTH
YOU THINK**



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www.TheWisdomOfYourHeart.com

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Want more information on the subject of emotional growth in the context of faith?

Read **The Wisdom of Your Heart: Discovering the God-given Purpose and Power of Your Emotions.** Available at Amazon, Barnes & Noble, and wherever fine books are sold.

More information and other resources available at www.TheWisdomOfYourHeart.com

AN EMOTION IS A COMPOSITE OF 4 ELEMENTS.

A BODILY POSTURE

A PATTERN OF THOUGHTS

AN OBJECT IN MENTAL FOCUS

A GENERATED STORY

THE 5 As
HEARING, UNDERSTANDING, & RESPONDING TO YOUR EMOTIONS

ATTEND
Notice Your Feelings.

ARTICULATE
Name Your Experience.

ASK
Consider the Meaning.

ASSAY
Weigh the Value.

APPLY
Act with Intention

TheWisdomOfYourHeart.com

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