

What are my TRIGGERS THAT SERVE?
CIRCLE WHAT TRIGGERS YOU USE TO GET INTO THE RIGHT STATE:

1. Music
2. Pictures
3. Thoughts/ Hopes/ Dreams
4. Prayer/ Worship Music / Meditation
5. Exercise/Recreation
6. People/ Audios/ Talking on Phone/ Getting together with others with similar dreams
7. Using your Gift or Talents that energize you.
8. Certain Memories
9. Certain Books or Inspirational movie
10. Anything Else....