

Heart Value Practice: **Feel-Choose-Act Amplifier**



The **Feel-Choose-Act Amplifier** is a self-discovery practice you can use to gauge how your *feelings* influence your *choices* and inform your *actions*.

When you understand heart and head connections, you can intentionally invite more feel-good experiences that align with your *something* calling you.

Trust your inner compass... because YOU are the expert on YOU!

Before You Begin

I recommend that before you begin to journal, take yourself on a “Wise Walk” to create a safe space and alone time to self-reflect on how you truly *feel*.

A **Wise Walk Reflection** is your opportunity to move your body, clear your head, and shift your energy to invite expansion into your life. Once you gain awareness on how you feel (in this present moment), you can use that information to strategically advise your now and your future.

When I need to ground in my truth, I take a walk in nature or go for a drive alone. Sometimes, we need to remove ourselves from our daily responsibilities, external pressures, and people pleasing tendencies to hear what our heart already knows to be true and wants us to observe and notice.

Your Wise Walk can be anything that creates a safe space for you to quiet outside influences, go inward and self-reflect on what matters most to you. Honoring a Wise Walk practice empowers you to slow down, pay attention to your inner compass, and spark heartfelt connection.



On your **Wise Walk**, ask yourself heart-centered questions about your past, present and future.

Without judgement, notice what surfaces for you.



Here are a few **Wise Walk questions** to get you started:

- *In this moment, what activities feel aligned with the life that's calling you?*
- *What feels right and what feels off?*
- *What choices are you making that please others, but make you feel drained or unfulfilled inside?*
- *What's tugging at your heartstrings?*
- *If money were not a consideration, how would you share your Heart Value (aka your value that energetically and emotionally lights you up!)?*
- *What brings you joy and what choices/actions can you take to feel that more?*



Examples to Get You Started

Now, it's time to journal using the **Feel-Choose-Act Amplifier**. Don't worry, there are no wrong answers. You get to envision how to move from where you are in this moment, to a more **heart-centered aligned feeling state** by making choices and taking action that feels right to you. Remember, you are the expert on YOU!

Observe an area in your life that you'd like to address and apply this *feel, choose and act* amplifier. Jump right in, or read the following examples to get your Feel-Choose-Act juices flowing.

Feel	Choose	Act
<p>When I experience physical and emotional signs that something <i>feels</i> off or I'm not on the right path, I pay attention. I use my <i>feelings</i> to understand what is and is not aligned with my Heart Value.</p>	<p>I give myself the freedom to <i>choose</i> again if my inexperience led me down one path, only for me to realize that something feels off. I don't need to analyze or justify what feels off. What's important is to explore what's possible. Then to authentically listen, speak my truth and make a heart-centered choice for myself.</p>	<p>Once I'm clear on what choices are available to me, I trust my inner compass and <i>take action</i> toward what feels best in this moment. I take one step, no matter how small, to move in the direction that feels aligned with my heart.</p>
<p>When my landscaper recommended that he plant bushes in my yard, I felt uneasy and I noticed that my inner light dimmed. An "ugh" feeling washed over me so I knew I had to pay attention.</p>	<p>A few choices available to me were:</p> <ul style="list-style-type: none"> • Accept his recommendations and perspective, and live with them, but cringe every time I walked past because I didn't love them. • Speak up and tell him not to plant the bushes that felt off to me. • Let him plant (so as to not ruffle feathers), but then make a plan to have them removed later. 	<p>I trusted my feelings, acted spoke up. I told him that I appreciated his effort, but the bushes didn't feel right to me. They belonged in a home that fully appreciated their beauty and purpose. I saved energy by communicating what felt off and not accepting his opinion as my truth.</p>



<p>My friend, Nora <i>felt</i> deflated and invisible, and craved a meaningful relationship with her manager.</p>	<p>Nora explored several <i>choices</i> to response to her emotional state. Ultimately, she chose to:</p> <ul style="list-style-type: none"> • Vent to me. • Consider her employment options, including resignation. • Not focus on his opinion of her value. 	<p>Nora took <i>action</i> to stop minimizing her value based on external appreciation, and began to ask different questions to reveal her something and reclaim her power.</p>
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Now it's your turn!

Apply this Feel-Choose-Act Amplifier! Observe an area in your life that you'd like to address. Journal without judgement and process these Wise Walk Reflection questions to gain awareness and clarity.

Feel	Choose	Act
<p>What is keeping you up at night and what feels off?</p>	<p>What are 2-4 choices available to you?</p> <p>What's one or more choice that would honor that feeling and get you closer to what feels aligned?</p> <p>What's one or more choice that doesn't feel right, but you are considering because you want to please others or it's what others expect?</p>	<p>Out of those choices, what action will you take? Most importantly, how did that action make you feel and how will you pay attention to your emotional and physical reactions so you can pivot or evaluate your choices and actions to move closer to what feels right?</p>



<p>What feels great that you want to experience more?</p>	<p>What are 2-4 choices available to you?</p> <p>What's one or more choice that would honor that feeling and bring more joy into your life?</p> <p>What's one or more choice that would create more space for what makes your heart happy, but you are nervous about because others have come to rely on it from you?</p>	<p>Out of those choices, what action will you take? Most importantly, how did that action make you feel and how will you pay attention to your emotional and physical reactions so you can pivot or evaluate your choices and actions to move closer to what feels right?</p>

For Additional Support

- Enjoy the book **Heart Value** in paperback, audiobook or ebook (available on Amazon, Audible, etc.)
- Listen to the **True Stride** podcast: <https://marytessrooney.com/podcast/>
- Visit <https://marytessrooney.com/> or contact Mary Tess at marytess@truestride.com

Thank you for following your heart and prioritizing fun as you *read the signs, direct your path and get your stride on!*