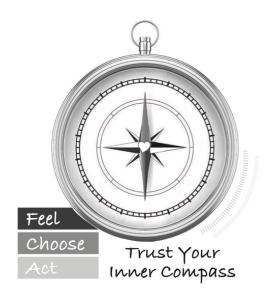
Heart Value Practice: Feel-Choose-Act Amplifier



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?

Feel Choose Act

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
When I experience	I give myself the freedom to choose	Once I'm clear on what
physical and emotional	again if my inexperience led me	choices are available to me, I
signs that something	down one path, only for me to	trust my inner compass and
feels off or I'm not on the	realize that something feels off. I	take <i>action</i> toward what feels
right path, I pay attention.	don't need to analyze or justify what	best in this moment. I take
I use my feelings to	feels off. What's important is to	one step, no matter how
understand what is and is	explore what's possible. Then to	small, to move in the
not aligned with my Heart	authentically listen, speak my truth	direction that feels aligned
Value.	and make a heart-centered choice	with my heart.
	for myself.	
When my landscaper	A few choices available to me were:	I trusted my feelings, acted
recommended that he	Accept his recommendations and	spoke up. I told him that I
plant bushes in my yard, I	perspective, and live with them,	appreciated his effort, but the
felt uneasy and I noticed	but cringe every time I walked	bushes didn't feel right to
that my inner light	past because I didn't love them.	me. They belonged in a
dimmed. An "ugh" feeling	• Speak up and tell him not to plant	home that fully appreciated
washed over me so I	the bushes that felt off to me.	their beauty and purpose. I
knew I had to pay	Let him plant (so as to not ruffle	saved energy by
attention.	feathers), but then make a plan	communicating what felt off
	to have them removed later.	and not accepting his opinion
		as my truth.

My friend, Nora felt	Nora explored several choices to	Nora took action to stop
deflated and invisible,	response to her emotional state.	minimizing her value based
and craved a meaningful	Ultimately, she chose to:	on external appreciation, and
relationship with her	Vent to me.	began to ask different
manager.	Consider her employment	questions to reveal her
	options, including resignation.	something and reclaim her
	Not focus on his opinion of her	power.
	value.	

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

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

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!