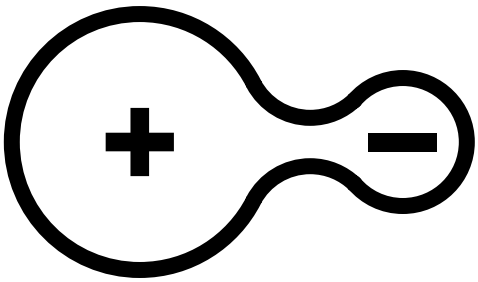
WHAT YOU FEED GROWS - WHAT YOU STARVE DIES

''Do you know what you get if you feed a tribble too much?...You get a whole bunch of hungry little tribbles.'' – **Dr. McCoy (Star Trek)**

Express It

SPEAK IT

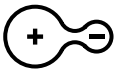
Speak what's below *out loud*, with enthusiasm, certainty, and belief. **Improvise** what you say as *much* as you want (actually, this is preferred). **Visualize** what you say - see it in your head before the words leave your lips. **Brackets** contain instructions that explain something specific to do.



What, Why, and How

- A large part of what you experience (and avoid) in life is the result of what thoughts and emotions you choose to feed and give energy to, and which ones you starve, or refuse to think about and give into.
- You *feed* things (positive or negative) in your life when you think, look, dwell, feel, justify, talk, or read about them. Part of what you feed comes from:
    - What you choose to watch (movies, TV shows, etc.)
    - What you choose to read (news, books, etc.)
    - What you choose to listen to, or talk about to others

- You *starve* things (positive or negative) in your life when you avoid thinking, feeling, looking, dwelling, or talking about them.
- When you feed one thing, you automatically starve its opposite. For example:
    - When you feed what's positive and good, you automatically starve what's negative and bad...and vice-versa
    - When you feed action, you starve fear...and vice-versa
    - Feed happiness, you starve sorrow...and vice-versa
    - Feed generosity, you starve lack...and vice-versa

WHEN YOU FEED THIS →  ← **YOU STARVE THAT**

- The effects that you experience (either positive or negative) from what you feed are unavoidable. This means that you can't neutralize the effects of feeding something negative by telling yourself 'I'll feed it, but I won't let it bother me' - *it will affect you, on some level.*
- To experience (grow) more of something in your life (awesomeness, happiness, etc), you have to feed your mind and emotions things that promote that thing and starve the things that don't. **You are in control of what you give your time, energy, thoughts, and feelings to** - It has *little* to do with what other people are doing, and *a lot* to do with what you feed.

EXPLAIN IT

- Identify the name of an emotion or experience you want ***more*** of in your life, and what *specifically* you will change about what you watch, read, talk about, listen to, think about, or act on to feed it.
- Identify the name of an emotion or experience you want ***less*** of in your life, and what *specifically* you will change about what you watch, read, talk about, listen to, think about, or act on to starve it.
- Read *The Tale of Two Wolves* (below) out loud, and explain the lesson of the story out loud.

Extras

THE TALE OF TWO WOLVES

One evening an old Cherokee told his grandson about a battle that goes on inside people. He said, "My son, the battle is between two "wolves" inside us all.

One is Evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.

The other is Good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith."

The grandson thought about it for a minute and then asked his grandfather: "Which wolf wins?"

The old Cherokee simply replied, "The one you feed."