

Flash Cash Exercise – Part One

Imagine for a second you're walking down the sidewalk outside your office.

A well-dressed woman comes up to you and gives you \$500. Cash. She smiles, tells you the money is for you, and then walks away.



Try to think of six thoughts you may have about this scenario.

(Example: "I'm blessed." "Who is this crazy person?" "Is this money real?")

_____	_____
_____	_____
_____	_____



Look at the thoughts you wrote down, and then determine what emotion is created by each thought (for example, Thought: "I'm lucky" Emotion: excited; Thought: "There's a catch" Emotion: uneasy or nervous).

Thought: Emotion:

Thought: Emotion:

Thought: Emotion:

Thought: Emotion:

Thought: Emotion:

Thought: Emotion:
