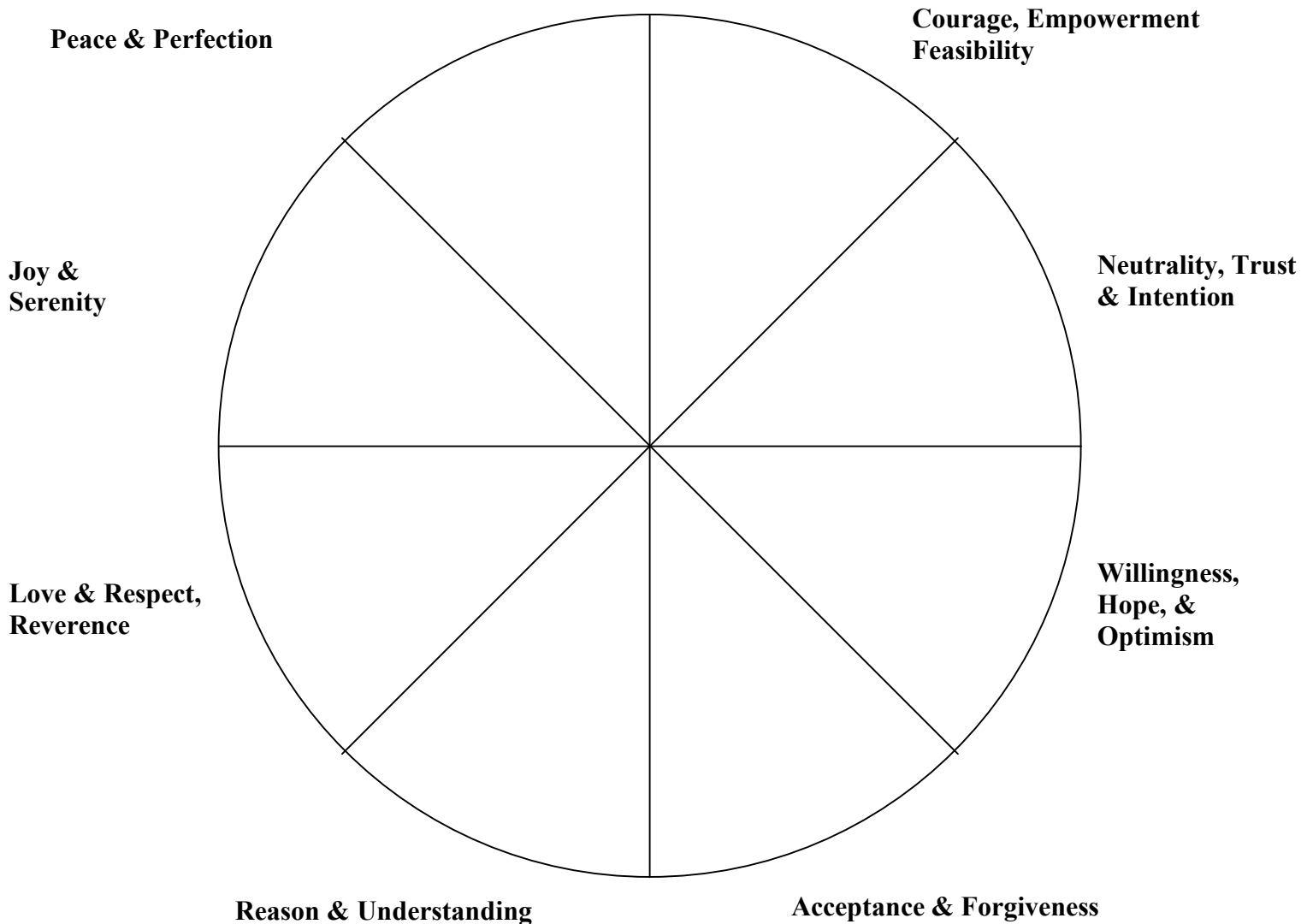




COLIN HILLSTROM

Transformation Coaching & Workshops

3cFlow Emotional Intelligence & Conflict Resolution/Prevention Wheel



Step 1: From your Life, Health, or Biz Energy wheel, rate one area on a scale of 1 (low) - 10 (high), using the EQ Wheel. **Step 2:** Underline any of the disempowering dynamics below that sabotage your success. **Step 3:** Engage Your Creative Powers to boost your EQ.

Disempowering Dynamics: False Pride / Perfectionism / Anger / Hate / Frustration / Craving / Disappointment / Fear / Anxiety / Withdrawal / Grief / Regret / Apathy / Hopelessness / Guilt / Blame / Shame / Humiliation / Misery / Despising / Elimination