

## 4 QUADRANTS OF FEAR

fear is the opposite of love.

fear allows you to be a victim & not take self responsibility for your own happiness.

people will always use fear against you to manipulate & control you.

fear feels comfortable when you are "used to it" & also use it against yourself.

## 4 QUADRANTS OF LOVE

past: no value doesn't matter

present: where joy & love exist

future: doesn't matter (made up)

you can only experience one emotion at a time. you will achieve the one you focus on most.

suffering creates our character & allows us to see the goodness in life.

four motivators:

1. fear: sickness, poverty, death
2. desire: success, wealth, & pleasure
3. duty: motivated by gratitude & responsibility
4. love: compelled to care & love others



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AN ELDER TELLS HIS GRANDSON, "EVERY CHOICE IN LIFE IS A BATTLE BETWEEN TWO WOLVES INSIDE OF US. ONE REPRESENTS ANGER, ENVY, GREED, FEAR, LIES, INSECURITY, AND EGO. THE OTHER REPRESENTS PEACE, LOVE, COMPASSION, KINDNESS, HUMILITY, AND POSITIVITY. THEY ARE COMPETING FOR SUPREMACY."

"WHICH WOLF WINS?" THE GRANDSON ASKS.

"THE ONE YOU FEED." THE ELDER REPLIES.

