



# **Business Mastery Hub**

*by Bodygraph.com*

## **Making Emotionally Intelligent Business Decisions with a Defined Emotional Solar Plexus**



Worksheet made by Vanessa Naja  
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# 1.

**Start tracking your emotional wave  
several times per day:**

**Are you feeling up, down, or neutral?**

**Start to notice regularly where you are  
on your wave.**

**In the evening before bed, take a  
moment to journal about what you  
noticed about your wave that day.**

# 2.

**When you feel emotional, note if this is something you're responding to in your outside environment or if it's coming from your wave.**

**Notice any differences in sensations from wave emotions vs circumstantial emotions.**

**Journal about the differences you notice between these ways of experiencing emotion.**



# 3.

## Take some time to reflect on a decision you have to make:

- ✓ How does it feel in your body when you think about it?
- ✓ Let yourself fully feel the emotions that come up without judgement.
- ✓ Notice when you go into your head about it and make up a story or try to rationalize what you feel. If you notice this, just come back to the physical sensation of the feeling and let it move through you. You'll notice the physical sensation shifts and moves around; keep your focus on it until it neutralizes.
- ✓ Repeat the above process over several days.

# 4.

**Continue to notice every time you go into your head about the decision you're making, trying to rationalize it or talking yourself into or out of it.**

**This is not emotional clarity.**

**When you notice this, stop, pause, take a breath and put your awareness inside your body and notice any emotions/sensations that come up.**

# 5.

**When you think about the decisions, do you feel super excited or scared?**

**If so, this is not clarity. Give yourself more time.**

# 6.

**Eventually you'll come to a place where you feel neutral, neither super excited nor very scared; you'll just have an internal sense of the correct decision.**

**This is when you've reached your point of clarity and the decision is made.**



# Hi, I'm Vanessa Naja and welcome to Business Mastery Hub by Bodygraph.com

I help heart-centered entrepreneurs create meaningful success and work-life balance by building businesses that feel as good as they look.

Through combining tools like Human Design and Emotional Intelligence work with supportive tech systems, we design business models that work with their natural energy.

The repetitive, draining work runs quietly in the background so they can stay in their zone of genius, grow sustainably, and enjoy the freedom they set out to create in the first place.



# Learn more about Vanessa Naja

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