

THE FOUR FORCES

A Flight Analysis For: _____

Departure: _____

Destination: _____

Lift Feels Like

Joy _____
Peace _____
Love _____
Freedom _____
Exhilaration _____
Hope _____
Delight _____
Aliveness _____

Thrust Feels Like

Confidence _____
Strength _____
Clarity _____
Cooperation _____
Accomplishment _____
Acceleration _____
Power _____
Relief Determination _____
Movement _____
Clean Anger _____

What lifts you up?



Drag Feels Like

What pulls you back?

Overwhelm _____
Anxiety _____
Insecurity _____
Boredom _____
Distraction _____
Resentment _____
Defeat _____
Discouragement _____
Confusion _____

What moves you forward?



Weight Feels Like

What weighs you down?

Dirty Anger _____
Shame _____
Hatred _____
Jealousy _____
Fear _____
Despair _____
Guilt _____
Victim/Powerlessness _____
Depression _____

