

## SERIES: THE BEGINNER'S GUIDE TO PREDICTING YOUR FUTURE

Episode 4: "Appealing is Revealing"

Distractions. Temptations. We've all got 'em. But when emotions threaten to lead us astray, how do we keep our focus on what's most important?

	QUESTIONS	NOTES
01 >>>>	Can you trace past mistakes or regrets back to something that had a strong emotional appeal? How and when did it lose its appeal?	
<b>02</b> >>>>	Do you agree that what's appealing tends to lower our defenses and raise our defensiveness? Explain.	
03	Andy mentioned that strong emotional appeal is a red flag, not a green light. Are there any options you're currently considering that might be red flags? Explain.	
04	Where is your current path leading? Is something or someone distracting you from where you want to end up? How could you change course to arrive at a different destination?	

## **BOTTOM LINE**

If you're distracted by what's on your path, you'll be distracted from where your path is taking you.

Learn something new? Have any epiphanies? Tweet your story and tag us @YourMove.