



## Opening Heart Technique

**By Yourself, ask yourself these prompting questions:**

What can I appreciate about myself right now? What can I appreciate about my life right now?

What is perfect about this moment?

How can I increase my joy right now?

**With Others, ask these prompting questions:**

What can I appreciate about this man/person right now?

What is perfect about this moment?

How can I increase my joy around this man/person?