**MIRROR NEURONS SCAVENGER HUNT**

Find an example of each level (or as many as you can) and be present to it. Notice and note what happens in your own body. You don’t have to do anything in particular, just be present and observe. Notice if your physical distance from the person changes anything. What are you feeling as you are with each emotion?

Depending on circumstances, spend 5-10 minutes in the energy of the emotion. Then talk about it and makes notes.

**1) Hopelessness**

**2) Fear**

**3) Frustration**

**4) Courage**

**5) Engagement**

**6) Innovation**

**7) Synchronicity**

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