

# UPPER LIMIT PATTERNS

*EXPAND YOUR CAPACITY TO  
GIVE & RECEIVE LOVE*

*RAISE YOUR THERMOSTAT  
SETTING FOR HAPPINESS &  
POSITIVE ENERGY*

LOVE  
JOY/HAPPINESS  
OPENNESS TO  
LEARNING  
POSITIVE ENERGY

\*

THERMOSTAT SETTING

*SHORTEN THE TIME GAP BETWEEN  
THE ULP & RESTORING POSITIVE  
ENERGY*

*EXPAND THE LENGTH OF TIME  
BETWEEN ONE ULP & THE NEXT*

STRESS  
CONFLICT  
STAGNATION  
UNHAPPINESS  
NEGATIVE ENERGY

**\*ULP – notice what happens after a period of positive energy, joy, love and connection; how you sabotage yourself; i.e. arguments, control & power struggles, irritability, fault-finding, withholds, projection, guilt, boredom, sleepiness, negative thoughts, breaking agreements, addictive behaviour, losing things, having an accident, hurting yourself, getting sick, etc.**

**Ask yourself, “Why might be happening RIGHT NOW?” or “What happened just before this?”**