

# WELCOME!

Today, Dr. Shakila Angadi is sharing her knowledge as an emotional intelligence coach with the Do It On A Dime community. This 4-step activity is intended to help you refocus, prioritize, and start healthy habits that will encourage positive growth in your life. Let's get to work!

## THE HAPPINESS LIFT

Make a list of all your motivators in life. What people and activities inspire you to be a better you?

What are your non-negotiables? These are the things in life that you aren't able or willing to budge on. Once you see what drives you, what things are most important to you, and what potential obstacles you have to work around, you can more clearly decide on how to make decisions throughout your day.

You'll be amazed at how much easier it is to set your priorities and let some things in your schedule go when you see all the things you can't live without written down in one place.

**Example:** Let's say you feel really motivated when you have time for a workout. Maybe your non-negotiables are that it has to be a time when someone else is in charge of the kids and in an environment where you can focus- like at a gym. Now, you can work towards finding a gym that provides childcare and start making that action a priority for your week.

## FORGIVE & LIVE

We've all been hurt at some point in life and sometimes even cause pain to ourselves. Many times we push these negative memories and experiences deep down and try not to deal with them. As we allow these negative feelings to make a home in our minds and hearts- they continue to affect our choices, thoughts, and actions- sometimes without us even realizing it!

Now is the time to write down all of these people and all of these times when we have been wronged. It's possible there will be things on your list that no one else knew you were upset about. There will be things the other person has not apologized for, and that's ok. We cannot control the actions of others, just our response to the situation.

After making your list of things you need to forgive, write in the next column how those negative experiences have shaped your character and provided positive experiences in the long run. Once we can recognize the growth we've experienced because of the pain we've gone through, we can more purely appreciate the good and the bad that comes our way.

**Example:** Let's say a friend forgot to invite you to a mom's morning out. It hurt to be excluded, but you know it was just an oversight. After that experience, you were more aware of a neighbor who seemed to be struggling with the loneliness of being a stay at home mom. Because of this, you invited her over for a playdate and cup of coffee. What started as a negative experience made you more aware of the needs of others around you and helped you to be a better friend yourself.



## BASKETS OF ANXIETY

Think of all the anxiety going through your mind right now and divide them into specific categories. Did this happen in the past? Is this coming up in the future? Is this anxiety part of your present life?

This activity challenges you to see what things have burdened you that are long over and unable to be changed. You see what stressors are in the future and beyond what you may be able to tackle today. Other items will be present anxieties you can now take action on and resolve.

**Example:** Let's say three things you are feeling anxious about are 1.) your recent decision and announcement of quitting your job, 2.) what school your child will attend next year, and 3.) calling the insurance company about an incorrect item on a recent health bill. Once we put them all in their proper place, we can think more clearly. Your decision to quit has already been made, and it's time to move forward and get excited about your next stage in life. You have no control over any school lottery outcomes or redistricting of school zones that may affect your child's new school. Your present anxiety, calling insurance, may not be pleasant, but you can now think clearly enough to see this is the priority and is worth tackling quickly so you can move on.

## HABIT TRAINING

It can feel so impossible to break free from a bad habit or even to start a new, positive habit. Give life and meaning to your hopes and plans by putting pen to paper!

In the first section, write down all of the healthy habits you want to be part of your life. On the other side of the column, write down what is keeping you from being able to achieve that goal.

In the second section, list any habits you want to break. In the next column, identify what next step needs to happen in order to have success in this area.

**Example:** You want your family to eat healthy homecooked meals, but feel blocked by exhaustion when you get home from work and it's already dinnertime. Thinking on this helps you realize that you may need to improve at planning ahead and that enjoying a homecooked meal might be easier if you get up early to prep food for a slow cooker meal.

## YOU'VE GOT THIS!

I hope the activities in this printable have helped point you in a positive direction of healing and growth to your life. This printable does not serve as a replacement for medical help and is not intended to diagnose any emotional or mental needs. Please do not hesitate to reach out to a medical professional for help when it is needed.

Thank you to [The Inspired Dentist](#) for providing these power tips and resources to get started. Follow Shakila on Instagram and Facebook @theinspireddentist for more motivation and emotional intelligence solutions and strategies. She's wonderful! Visit her at [www.theinspireddentist.com](http://www.theinspireddentist.com)

xo, Kathryn

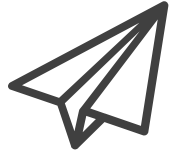




# HAPPINESS LIFT

#1

## MY MOTIVATORS



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## NON-NEGOTIABLES



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*Carve out that extra time to create space for you.*



# FORGIVE & LIVE

#2



FORGIVENESS NEEDED



SUCCESS I'VE SEEN



*Pain can give perspective to the joy in your life.*





# BASKETS OF ANXIETY

#3

← PAST

FUTURE →

PRESENT ↓





# HABIT TRAINING

	HEALTHY HABIT I WANT	BLOCKING THE PATH	
<input type="checkbox"/>			
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HABIT I WANT TO BREAK	NEXT STEP TO TAKE
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*The more you let go, the more you find.*