

THE EMOTIONAL WORKOUT

This internal workout helps you strengthen your ability to connect with your thoughts and feelings. The more in touch, the better your ability to stay present!

A great practice every night before you go to bed! Write what's happening in each area.

What am I embarrassed about?

And how can it be different tomorrow?

What am I grateful for?

What am I hopeful about?

And how can it be different tomorrow?

What am I worried about?

And how can it be different tomorrow?

What am I sad about?

And how can it be different tomorrow?

What am I angry about?