

# The Emotional Workout



This internal workout helps you strengthen your connection with your thoughts and feelings. The more aware you are of what you're thinking and feeling, the more authentic life you can live. HOW TO USE IT: Pick a topic then jump in. Work your way around the sheet, ending in the middle - on a positive note!

**WHAT AM I EMBARRASSED ABOUT?**

And how can it be different tomorrow?

**WHAT AM I GRATEFUL FOR?**

**WHAT AM I HOPEFUL ABOUT?**

**WHAT AM I WORRIED ABOUT?**

And how can it be different tomorrow?

And how can it be different tomorrow?

**WHAT AM I SAD ABOUT?**

And how can it be different tomorrow?

**WHAT AM I ANGRY ABOUT?**