

Move Your Emotions

Ever feel stuck? Like you have no out when the kids aren't listening, your whole house is a mess, and there is a long to do list that you might only scratch 1 thing off of... when your activity schedule is either overbooked or better yet (and just as frustrating) completely free? Well there is freedom you can offer yourself.

Date:

Time Commitment:
15-20 minutes of love and reflection → positive emotions → enhances immune system functioning

Routine Cue:
First light, before starting work, while enjoying my morning coffee, before bed. The world is your oyster!

Start with Daily Self-Care Habits

- Quieted my mind with three deep breaths, aware of each of my senses
- Noted three things I'm grateful for
- 5-10+ minutes of Me only time doing something that lights me up

Responding vs Reacting to your experience

To Be	Details (feel free to add notes for yourself)	Food For Thought	Today's Note to Self
Acknowledge	<ul style="list-style-type: none"> ● Settle into your feelings like you were sitting with a friend listening to them. ● I am feeling _____. 	In life, it's not about speed but direction.	I'm where I should be. I am enough!
Breathe	<ul style="list-style-type: none"> ● Notice which part of your body opens/expands while you are breathing in this moment, and then inhale deeply into your pelvis. This alerts your nervous system that you are safe from the proverbially Lion, and can safely explore what is going on inside of you for a moment. 	Some paths are created as we go.	Tip: Make this space yours! Add images, videos, or links.
Validate	<ul style="list-style-type: none"> ● Say to yourself: I see that this is hard for you. ● When applicable, you can say to yourself: Your boundaries were crossed. ● Neutral validation helps us to observe our feelings and the situation with an objective point of view. 	Even when the skies are gray, my colors will still shine.	
Ask	<ul style="list-style-type: none"> ● What meaning am I associating with the incident? 	My life is as good as my mindset.	
Meditate/Pray	<ul style="list-style-type: none"> ● What do I need to know about this situation? ● What is important for me to take away from this scenario? ● What can I do differently next time? ● What is it that you want me to see? 	I honor my space by setting healthy boundaries.	
Support Yourself	<ul style="list-style-type: none"> ● What do you (body, heart, soul) need from me? ● How can you show up differently next time? 	I cultivate my growth by embracing new challenges.	
Small Steps	<ul style="list-style-type: none"> ● What is one small or big thing I can do to work towards a better outcome? 	I know only one thing: "I am getting there."	

The road ahead has wonderful things in store for me.