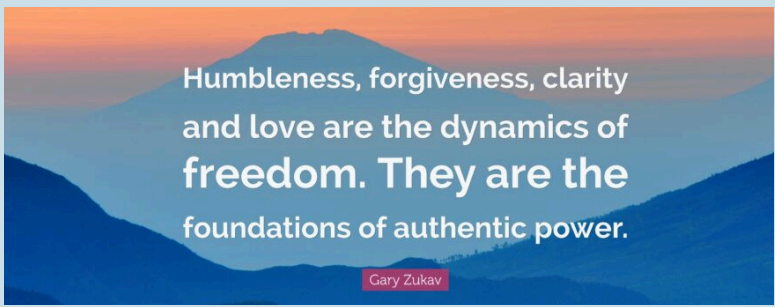




EMOTIONAL  
FITNESS  
DOJO  
*EXERCISING OUR  
EMOTIONAL BODIES*

# The 9 Most Important Power Tools

For Your Tool Belt of Life



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# ACCEPTANCE & SELF COMPASSION

***You are prone to make mistakes.***

***To be fallible, erring and 100% imperfect IS Human.***

*Forgive yourself, and others, for all of the times when you, and they, have “failed.”  
Practice viewing failure as success because it means that you are making an attempt – at love, creation and evolution.*

**Practice admitting when you are in pain,  
when you need help and don’t know “how to” to ask for it,  
let alone create the change you need.**

Begin with RADICAL HONESTY – with yourself, first and foremost.  
Admitting to yourself that you feel miserable, unhappy, lacking joy & wanting more, does not make you weak; mean that you are malcontent all of the time; or that you don't find joy in isolated moments. It's simply a beginning step on your path towards reclaiming your full power, passion and pleasure.

## **ADMIT:**

**YOU'RE IN PAIN.**

### **YOU NEED HELP**

**& you don't know how to  
create the change you need.**



### **Mindfulness**

Being aware of the physical, emotional, or mental pain of the moment.

## **ACCEPT:**

**EVERYTHING.**

### **ALL YOUR CIRCUMSTANCES**

**ALONG WITH ALL OF THE WAYS  
THAT YOU HAVE BEHAVED  
(and are still behaving).**



### **Self-kindness**

Treating ourselves with kindness, considering our own needs.

## **ALLOW:**

**VULNERABILITY.**

### **YOU DESERVE**

**KINDNESS..  
Treat yourself as you would  
a child.**



### **Common Humanity**

Recognizing that these experiences are a normal part of being human.

IMAGE CREDITS: <https://attheu.utah.edu/facultystaff/how-to-practice-self-compassion/>

***THE MORE COMPASSION WE CULTIVATE FOR OURSELVES,  
THE MORE EMPATHY WE CAN HARNESS FOR OTHERS.***

# PRACTICE EMPATHY

**EMPATHY IS:** *FINDING ECHOES OF ANOTHER PERSON INSIDE OF YOURSELF.*

- **LISTENING** just to listen while attempting to hear another person's feelings &/or experience(s) *without thinking about your responses*. You are listening to understand where that person is speaking from.
- **FEELING** into what another is sharing. Can you relate to their feelings/experiences? Can you feel how these feelings &/or experiences would affect you while still being present to this other?
- **VALIDATING** another person's experience(s). E.g. "I hear that you feel rejected. Ouch - that feeling hurts." Validating someone else's feelings &/or experiences does not take away from your own - yours remain just as valid.

## SOLID EXAMPLES:



## WEAK EXAMPLE:



***EMPATHY IS ABOUT THE OTHER PERSON, ALONG WITH OUR DESIRE TO BE CLOSE TO THEM. IT'S ABOUT SEEING, HEARING & UNDERSTANDING ANOTHER.***



# "IT'S NOT PERSONAL"

**Everybody else's choices and behaviors are simply a reflection of them**, and have nothing to do with us. (Even if they tell us otherwise.) Nothing is happening to you here. Rather, *it's all happening for your growth and evolution* - especially the painful, hard parts.

**The only thing you can ever control is how you are choosing to respond in any given moment.**

Practice staying open to whatever someone else is expressing. E.g. "I hear that you feel {sad..disappointed.. angry} right now." Work towards the place where you can empathize with how these feelings hurt, as well as offer an apology. Say "I'm sorry," not because you did anything "wrong," but because someone else is in pain and you know how pain feels. It hurts. *Everyone hurts.*

Contrary to popular opinion, saying "I'm sorry" does not make you 'weak' and is not an admission of guilt. Rather, it is a demonstration that you too can feel the ache of what this other is experiencing and that you are sorry because you *can* feel how much it hurts. Saying "I'm sorry" is a way of saying, *"I feel it too, and it does hurt. I am sorry that we all have to experience this pain of being human."* In other words, **we are on this journey together.**

**Feeling empathy for someone else's pain takes nothing away from your own experience.**  
***It's not about you. It's about them.***

Try not to take things *personally*. What people say about you is a *reflection* of them, not you.

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IMAGE CREDITS: <https://www.linkedin.com/pulse/empathy-emotional-intelligence-understanding-patricia-pouncey/>

# BE VULNERABLE

Stay soft in your heart so that you remain open to the present moment and/or to what another person is sharing - especially when you want to respond defensively, guardedly or negatively, in order to push away any discomfort you may be experiencing.

**Your discomfort is about YOU.  
IF you want healthy functioning relationships with others,  
then you have to make it about THEM.**

## AWARENESS

- Develop your self-awareness, which is the ability to see yourself more clearly. You do this through **self-reflective & introspective practices**.
- Then, learn how to become aware of the energy around you. "Reading the room" is about your ability to **decipher the body language of those around you**.
- Come back into your body and feel more comfortable inside of yourself. **Cultivate a regular embodiment practice. (Ask us 'how.')**

- Listen to others without thinking about your response. **Listen just to listen.**
- **Practice reflecting back to others what you heard - the details and specifics - before offering any advice or feedback.**

## LISTENING

## REFLECTION

- Reflect on yourself. **What excites you? What do you feel guilty about? What makes you feel angry, sad and fearful? Etc.**
- Reflect on our world at large. **What problems do you notice? How could you offer solutions to help ease the pain of others?**
- Then, be willing to hear and share in other people's reflections.

- Before offering feedback or advice to someone, ask first if they are open and/or desiring of it. **"How would you like me to respond?" you can inquire. "Would you like advice, feedback or for me just to listen?"**
- Start asking others for their feedback about You. **"How did that feel?" "Are you comfortable?" "Do you need more support?" "If so, how can I best support you?"**

## FEEDBACK

## HELP

- **Practice identifying what you are feeling as well as any needs you have associated with your feelings. (Ask us how!)**
- **Practice asking others for help. (i.e. Ask us for more help!)**
- Begin identifying when others are in emotional pain while reaching out towards them by **offering your support & assistance.**

# ASK FOR HELP

We can override that little voice that says "Shhh...  
Don't tell & don't ask."

- **IDENTIFY** what you are feeling. You do this by returning to the sensations in your body, slowing down your breathing & tapping into your heart. Practice making "I-statements" based on what you are experiencing in real time. "I feel angry." "I feel scared." E.g.
- **CLEARLY COMMUNICATE** your feelings & experiences with people you trust. Practice making your I-statements by following them with "Why" you feel the way you do. "I feel scared that you will reject me." "I feel angry that you left me alone after our fight."
- **PRACTICE** asking for the help you need, or for what someone else needs. "I am struggling to know what to do or what I need," is a perfect statement. "Can you help me figure it out?" "I don't know what to do but I know I don't want to lose you. Can you help me?" "\_\_\_\_\_ is in crisis and needs help. What can we do?"
- **BECOME SO GOOD AT BEING VULNERABLE IN THIS WAY** that you become public with your request(s). E.g. At the dinner table, "Family, I am feeling down and I need help shifting my mindset." Or on social media, "I have just launched a new business and I need help promoting it. Who can help me?"

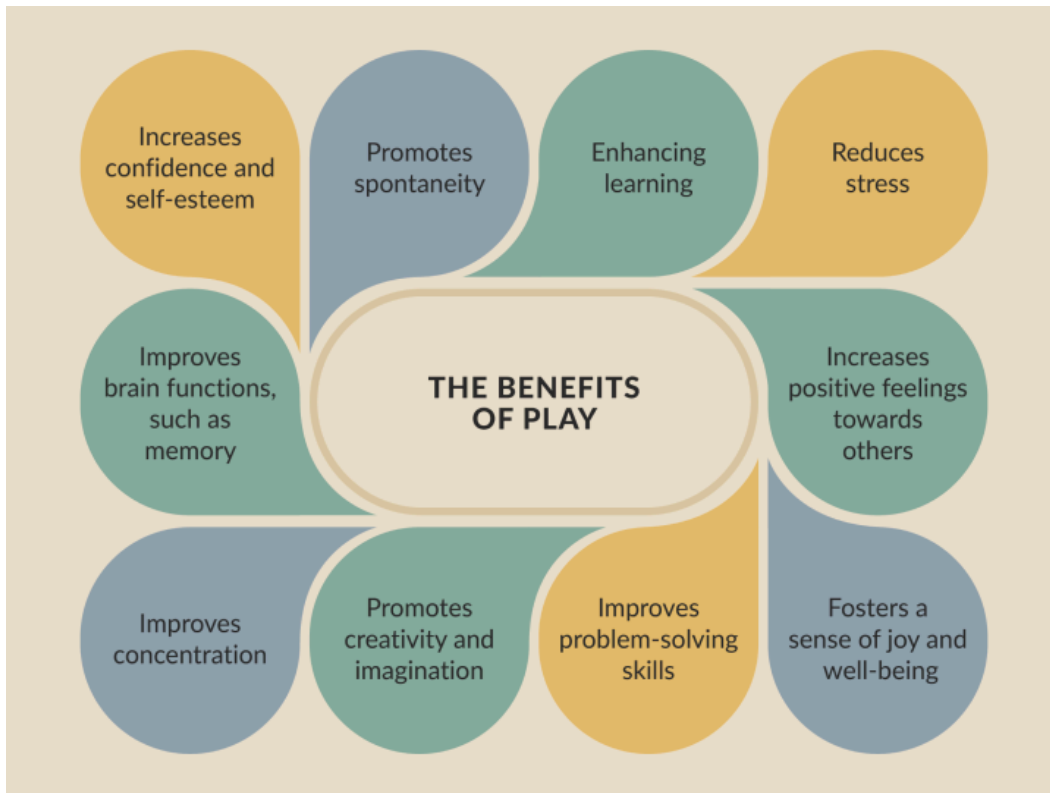


**BE STRONG ENOUGH  
TO STAND ALONE,  
SMART ENOUGH TO  
KNOW WHEN YOU  
NEED HELP, AND  
BRAVE ENOUGH TO  
ASK FOR IT.**



**"No" is a perfectly reasonable response at any point in time for you, & others. Rejection isn't a personal attack or slight. Practice receiving it without internalizing it to mean something about you. Feel grateful that you had the opportunity to ask.**

# PLAY

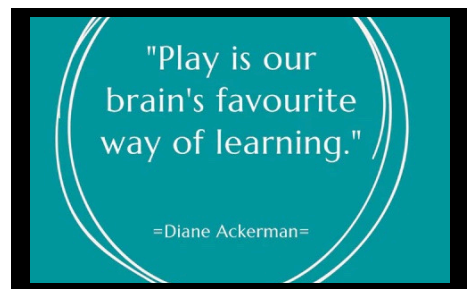


We reclaim our softness & embody vulnerability by physically playing games - just as we did when we were children.



Tag, board games, athletic games, dancing, creating something just for the fun of it, etc.

Enjoy a mix of these activities, even though your life is also full with work & paying the bills.



***Innocence, purity, and a beginner's mindset can result - along with a lot of laughter and fun, which tend to be the moments we remember the most.***



# BE CURIOUS

Success in leadership is related to curiosity.

Learning agility is key to advancement.

Top leaders ask questions and listen.

Curiosity Quotient (CQ) is as important as intelligence.

## LEADERSHIP

*"If your actions inspire others to dream more, learn more, do more and become more, you are a leader." Simon Sinek*

Image credit: <https://www.futurelearn.com/info/courses/developing-curiosity/0/steps/155983>

***Be like a child again. Inquire "Why?" more often than not:***

***"Why do you feel that way?"***

***"Why do you believe that?"***

***"Why do you think that?"***

***"Why did you behave the way?"***

***"Why are you crying?"***

Your aim is to stay open to the answers that the other person is offering you. You do this by focusing on your breath and staying in your body. Notice if you want to disagree, flee, argue or defend in response. Begin challenging yourself to override these patterns by coming back to your breath and, later, reflecting on why you have been and/or want to respond in the ways that you do.

If you can not stay open and truly listen to the replies to these questions, then remove yourself from the situation. Press the "Pause" button, and say "Excuse me, I need to step outside and take a breath." Be sure to come back to communicate when you sense you will be ready to hear another's honest responses without becoming agitated. If you cannot do this, then you need to seek more help.

**SEEK TO UNDERSTAND.  
*Not to be "right."***

# RECOGNIZE PATTERNS

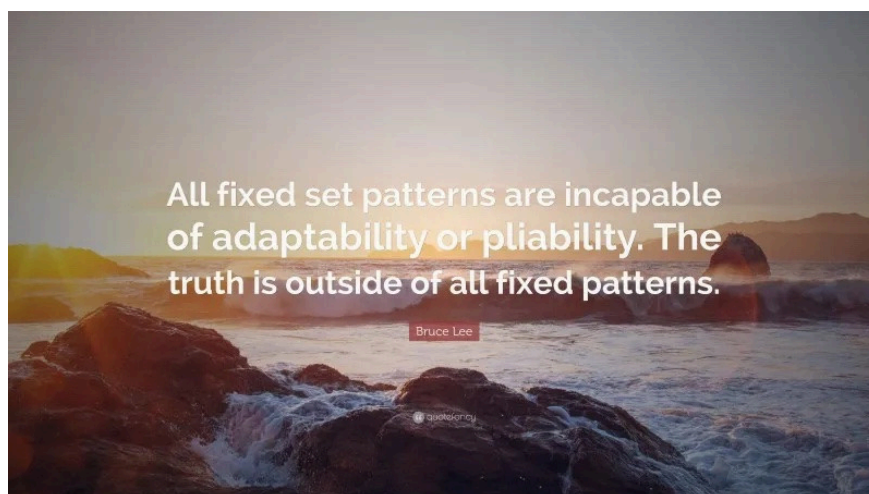
**Mathematics is the study of patterns found in nature.** Each pattern carries their own frequency. *You are nature and you are a frequency.* That frequency is either denser or lighter depending on the energy of all your patterns combined. ***Becoming familiar with your patterns is how you become more self-aware as well as more emotionally available in your relationships.***

- *Reflect on, and write about, how you tend to respond in moments when you feel angry, scared and sad.*
- *How often do you feel uncomfortable & what do you do when you feel this way?*
- *How often do you experience feelings of joy? How do you express these?*

We are not just isolated beings, however. *We do not grow in a vacuum.* We are a species that is social by nature. Thus, *our bodies, minds and hearts have been greatly affected by the patterns that have been in play on planet Earth for millennia.*

**A “powering over” mentality in which force, violence and fear has been used to control people is our shared intergenerational trauma.**

- *Reflect on, and write about, how this trauma has affected you, and your family.*
- *Do you still attempt to “power over” people? If so, how?*
- *And how can you begin to power with others?*



# VALUE PROGRESS

**“Progress, not perfection,” along with “Seek to Understand” are two mantras that Emotional Fitness Dojo Founder Burt Lo often repeated.**

We can learn how to begin measuring our progress over time. This tool allows us to soften our harsh voice of self-criticism and release perfectionism.

Transformation isn’t sweeping change that happens overnight. (Although it can be.) Rather, it’s a baby step by baby step approach to day-to-day living.

- Are you doing a better job today at living a life of more integrity?
- Are you in greater alignment with your purpose and passion than you were last year?
- Are you catching your “mistakes” and/or repairing whatever messes you have unconsciously made quicker now than you have in the past?

## 7 Ways To Release Perfectionism

- Recognize that perfectionism hurts you and those around you.
- Realize that perfection is unattainable and can only make you feel like a failure.
- Choose standards that feel reasonable.
- Focus on “good enough” not perfect.
- Only compare yourself to you.
- Be proud and accepting of your humanity.
- Appreciate mistakes provide opportunity for growth.

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You are going to struggle and you are going to fail. Give yourself the grace in accepting all of this as normal, human behavior. So-called ‘failing’ also means that you are making attempts at trying new things, or approaches.

**Celebrate your so-called failures as success because it means that you are making an attempt & taking a risk.**

**Measure the amount of time between when you make a 'mistake' and how long it takes for you to catch and repair it.**

**Begin applying a “YES! And...” approach to life. Instead of thinking in a black and white, “either/or” mentality begin expanding into the realm that all is possible and that it is only our myopic thinking that is holding us back.**

**Learn how to respond to others more from “Yes, and...” and less from “Yes, but...”**

# IN CONCLUSION

**PERSPECTIVE IS EVERYTHING**

DISCOMFORT	- GROWTH
PROBLEMS	- CHALLENGES
REJECTION	- REDIRECTION
TRIGGERS	- REVEAL WOUNDS
DARKNESS	- REVEALS LIGHT
FAILURES	- LESSONS
FEARS	- TEACHERS
PAIN	- POWER

- Bruce H. Lipton, PhD | TheMindsJournal

MIND JOURNAL

**Use these tools in your everyday life, and especially within your most intimate relationships. You can also check-in with yourself, and your closest loved ones, by inquiring how you are demonstrating each of these nine tools, and then begin identifying which ones are your strengths and which ones need strengthening within you.**

*\*\*About the number 9 according to the study of numbers (called numerology): \*\**  
Numerology is an ancient branch of esoteric wisdom that draws cosmic meaning, purpose, and guidance from numbers and number combinations. Almost everything holds meaning in the world of numerology, including a person's birth date, address, name, and phone number. In numerology, the number nine represents completion, wisdom, and initiation. It is the last of the single-digit numbers and the highest in value. It symbolizes a culmination of wisdom and experience, and buzzes with the energy of both endings and new beginnings.



***Need, or want, more support in practicing these tools? Hungry for more? Hop into our 1-on-1 coaching program. You got this!***





# RESOURCES

## **CRISIS NUMBERS:**

In the USA, the 988 Suicide and Crisis Lifeline is a national network of more than 200 crisis centers that helps thousands of people overcome crisis situations every day. The 988 Lifeline provides 24/7, confidential support to people in suicidal crisis or mental health-related distress. By calling or texting 988, you'll connect to mental health professionals with the Lifeline network.

For suicide prevention, awareness and support around the world, please visit [atsuicide.org](https://www.at-suicide.org). Another online, international support system [suicidestop.com](https://www.suicidestop.com) states, "There's nothing to lose. Calling a suicide hotline is a great way to vent and get sound advice on how to deal with your problems. If you want to help yourself or someone else, this is a great place to start. We have an extensive list of countries and their relevant suicide hotline telephone numbers."

## **ONLINE THERAPISTS for Men's Mental Health (such as depression):**

<https://headsupguys.org/getting-help-for-depression/types-of-mental-health-professionals/find-a-therapist/>

## **ONLINE TOOLS for Coping with Stress & Building Resilience:**

This Way Up, Australia <https://thiswayup.org.au/resilience-tools/>

## **WEBSITES & ARTICLES:**

*The Good Men Project -The Conversation No One Else is Having*

Article: [Redefining Masculinity: How Good Men Can Thrive Without Losing Themselves](#)

*Psychology Today*

Article: [Men Are Afraid to Ask for Help: The Negative Outcomes of Not Seeking Help](#)

*Very Well Mind*

Article: [How to Be Vulnerable: Examples of Vulnerability and How it Can Improve Your Relationships](#)

*Marriage.com*

Article: [15 Useful Tips for How to Show Empathy in a Relationship](#)

## **ORGANIZATIONS:**

*Sacred Sons: Strengthening Men's Mental, Physical, & Spiritual Health*

Online Calendar >> <https://www.sacredsons.com/calendar/>

## **EMOTIONAL FITNESS DOJO FREE PDFs (click for links)**

[Identifying Emotional Pain in Yourself or Others](#)

[Practicing Acceptance: A Free Musical Setlist plus more!](#)