



# THE EMPOWERED LIVING HANDBOOK

## 5 Emotional Skills For Empowered Living

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Hello,

I'm so glad you are taking the steps to create the emotional life you deserve. I created this Guide because I know what it feels like to be **stuck, unseen, and unsure of how to heal from the past**. Many of us didn't learn the **skills** we needed as kids to **navigate emotions, build self worth, and create healthy connections**. The good news is, **it's not too late** to learn these skills and transform your life, **finding greater inner peace, building healthier connections, and feeling more emotionally secure**. So let's get started!

Kindly,

*Rhonda*

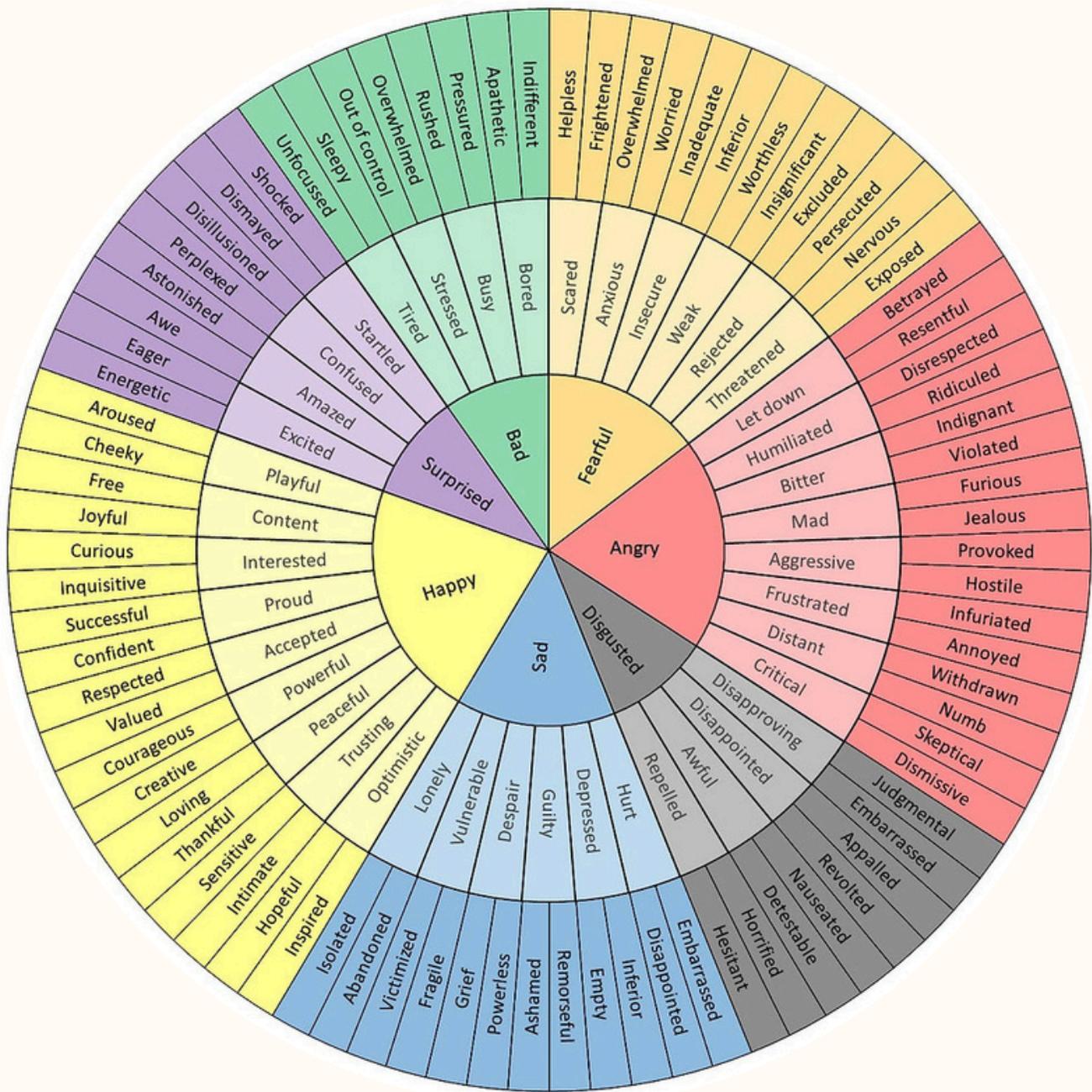


# 1. Self Awareness

UNDERSTANDING YOUR EMOTIONS, PATTERNS AND TRIGGERS

**Why does it matter?** Self Awareness is the foundation to **knowing self** and emotional healing. Self Awareness helps us notice our automatic reactions. We learn to make **intentional choices instead of impulsive ones** when we grow Self Aware.

**Practice Exercise:** Start a daily journal. It doesn't have to be an expensive fancy journal. Write down 3 emotions you feel each day, what triggered them and how you responded. **Remember, you can have positive emotions to journal about as well as the negative ones.** This practice helps you identify patterns and improve emotional clarity.

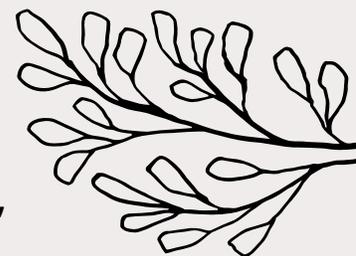


**Use the Feelings Wheel** to help you increase your emotional vocabulary and learn to accurately identify what you are feeling. We tend to name feelings that are vague like angry, sad, happy.

**The better we can identify the feeling, the easier it is to understand our reaction to the event that caused the feeling.**

## 2. Self-Compassion

BEING KIND AND SUPPORTIVE TO YOURSELF,  
ESPECIALLY IN DIFFICULT MOMENTS.



**Why does Self Compassion Matter?** It allows you to *break free from self criticism and shame!!!* Sounds good, right?! Many of us did not receive compassion in childhood. Instead, we received criticism. Therefore we don't give it to ourselves naturally; **we need to develop the skill.**

**Practice Exercise 1:** When you notice your negative self talk, pause and ask yourself, “what would I say to a friend in this situation?” Then, replace your negative self talk with what you would say to a friend. You might want to repeat it a few times, so your brain hears your kinder softer words.

**Practice Exercise 2:** Mindfulness - place your hand over your heart, take a deep breath, and repeat a kind phrase like:

“it's okay to struggle. I'm doing my best”

“I am enough, just as I am”

“I can do hard things. I've done many hard things in my life”

“I deserve to learn these skills. I'm creating a happier life.”