

Emotional Well-being BMG's

1. I maintain a heightened level of emotional awareness at all times.
2. I slow myself down throughout each day to monitor, examine, and measure my emotions against my established BMGs.
3. I model the fruit of the spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, long-suffering, self-control in all circumstances, with all people, every day.
4. I am committed to uniting my heart to my mind and spirit, before taking emotional action.
5. I do the work to master emotional control, emotional intelligence, and equanimity.
6. I see my emotional struggles, hardships, obstacles, and past mistakes as opportunities to learn and grow; I am emotionally resilient.
7. I take full responsibility for my feelings, emotional reactions, and responses.
8. I am authentic, true to myself, yet maintain discernment before expressing my emotions.
9. I am humble; I ask for mercy, grace, and forgiveness from others.
10. I project a positive, optimistic, loving, and grateful demeanor no matter the circumstances.
11. I give others the benefit of the doubt.
12. I am sensitive toward others and embrace and accept ALL people . . . no matter what.
13. I am empathetic, compassionate, forgiving, understanding, and freely extend grace toward myself and others.
14. I set boundaries to guard my heart, to develop and maintain healthy relationships.
15. I am committed 100 percent of the time to upholding my integrity and navigating life within the parameters of my emotional beliefs, mindsets, and goals.
16. I am on full alert to prevent the enemy/ego from manipulating my emotions and relationships.

◆◆◆ I never navigate my emotions solo with excuse making, blaming, justifying my wrongs, lies, raging anger, spite, revenge, resentment, controlling others, self-pity, or helplessness.

