

We are all hardwired with emotions and they can deplete our energy or renew us. This exercise focuses on the renewing emotions that will harmonize your nervous system for optimal performance. Most people are burdened with annoyance, irritability and general frustration and lose touch with how to renew oneself. This exercise will help you do this.

INSTRUCTIONS

Step 1

From the list below, choose the group of the ten emotions you **feel the least** on a daily basis. Choose one grouping to work with.

1. Amused, fun-loving, or silly
2. Awe, wonder, or amazement
3. Grateful, appreciative, or thankful
4. Hopeful, optimistic, or encouraged
5. Inspired, uplifted, or elevated
6. Interested, alert, or curious
7. Joyful, glad, or happy
8. Love, closeness, or trust
9. Proud, confident, or self-assured
10. Serene, content, or peaceful

Step 2

Write the three “least experienced emotions” emotions from the grouping that you chose:

1. _____
2. _____
3. _____

Step 3

Practice Gratitude breathing for 60 seconds. Release the frustration you may feel, and any other thoughts about what causes you to be negative. Breathe through whatever frustration comes up.

Take ten minutes to reflect on how you can increase the opportunities in your life to experience those three emotions. Let your mind wander and don't limit your possibilities. Your ideas should be true to you. Aim for at least 10 ideas.

Consider the following:

- Activities that you already do, but could do more often
- New activities
- Changing your mindset about current activities

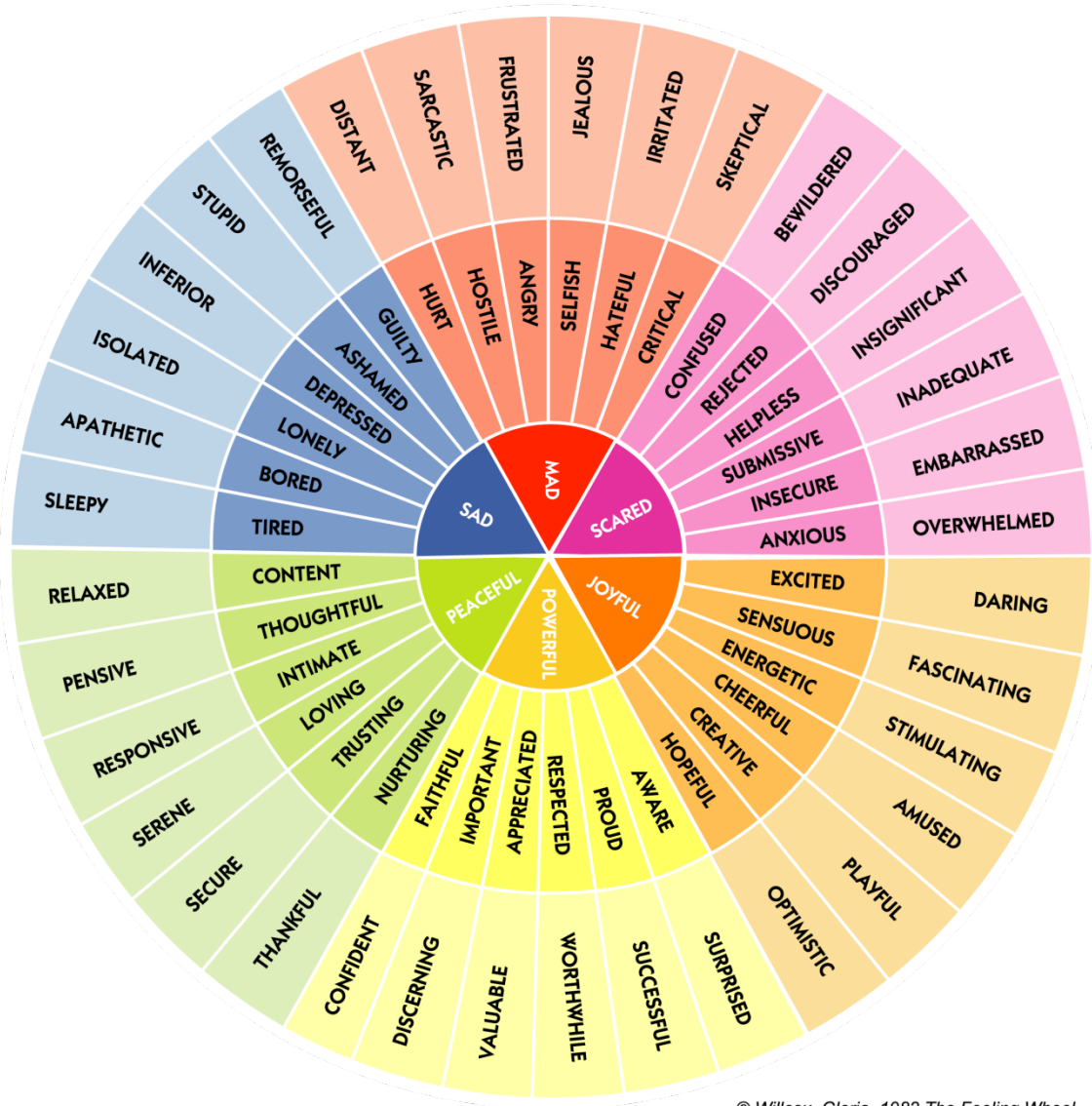
IDEAS:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Of these 10 ideas, what will you commit to – today – to shift your stuck feeling?

FEELING WHEEL

The bottom section of the wheel can be used to identify more power emotions. Reference this to increase your awareness and use of these renewing emotions.



© Willcox, Gloria, 1982 The Feeling Wheel

JOURNAL

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.