

OVERCOME INDULGENT EMOTIONS

Name the emotion you would like to stop.

List all of the thoughts you think that have been causing this emotion?

What does this emotion create in your life?

What action or inaction does this emotion cause?

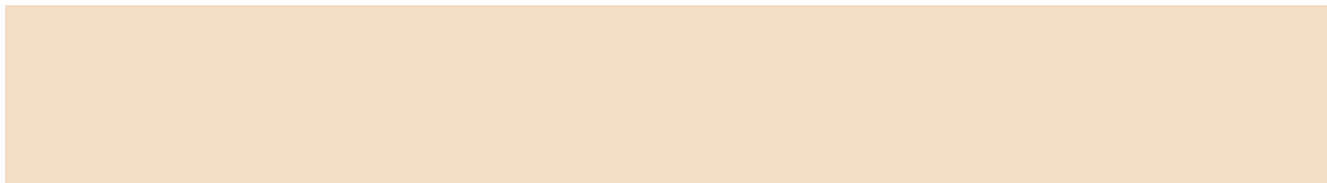
Can you go a day without this emotion? Why or why not?

How would your life be different without this emotion?

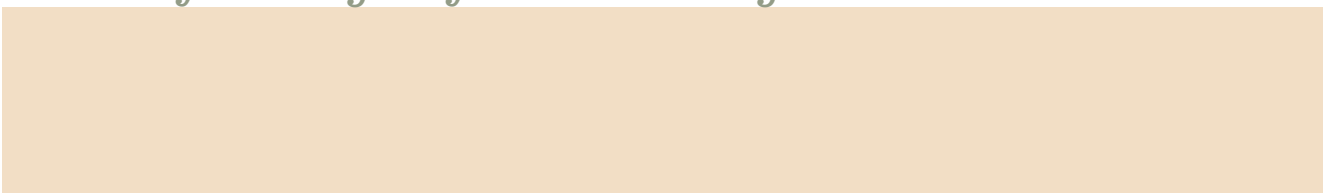
What are the most dominant emotions you experience daily?



What would you like your top three emotions to be?



How do you imagine your life feeling these emotions?



Imagine how you would show up to others?



What do you imagine the results would be?



What thoughts can you think that would make you feel these emotions?



WHAT TO DO!

Write down all of the thoughts around your indulgent emotion.

Look at each thought one at a time and tie the exact thought to the emotion.

Now, choose the exact emotion that you want to feel?

Find a thought that promotes that feeling.

List all of the things that you are thankful for.

Indulgent emotions and gratitude cannot co-exist. When you find your self defaulting to an emotion that you know is not going to serve you in the circumstance, stop, take a breathe, do the worksheet, decide how you want to show up in this circumstance and then do it.

Much Love...Janet