

# Personal Reflection Exercises...

## I am emotionally prepared for any challenge.



### **I am emotionally prepared for any challenge.**

Life can throw at me what it will, but I know I can handle it because ***I am in charge of my emotions.*** I gratefully accept all emotions, good and not so good, because the entire spectrum of emotions is part of my wonderful human heritage.

When I have positive emotions, like joy and happiness, I allow myself to thoroughly enjoy them and I let the good feelings spill over into every area of my life.

When I experience uncomfortable emotions, like anger or sadness, ***I acknowledge the emotions and then deal with them in positive ways.***

The first thing I do is take a step back to give myself a moment of thought. I try to see the situation from all perspectives and then use my mental tools to help me effectively deal with negative emotions.

For example, ***one of my most valuable tools is my positive outlook on life.*** I believe everything happens for a good reason. Sometimes it just takes a while to see it.

If I am feeling upset, I look for the silver lining. Surely something good must be in the situation, waiting for me to discover it! Once I discover what is good, another one of my positivity tools - gratitude - takes over and I can give thanks for it.

Another useful tool, my excellent communication skills, can solve many of life's emotional challenges. ***Just think of how many negative emotions are due to miscommunication!*** When I clarify the situation, the negative emotions dissipate.

Today, I plan to make full use of my positivity toolbox to handle any emotional challenges that arise. I know with certainty that I am emotionally prepared for any challenge.

### **Self-Reflection Questions:**

1. Do I give in to negative emotions, like anger, and totally lose my cool?
2. What tools can I use to help me meet emotional challenges?
3. Do I acknowledge my negative emotions, or try to bury them?