

**INFLUENCES TO MY EMOTIONAL STATE**  
(What I *can* control)

**1. My Actions/Reactions/Choices**

Examples:

- a. What I do
- b. What I eat
- c. How much I sleep
- d. How I move
- e. How I listen

**2. My Speech**

Examples:

- a. What I communicate to myself
- b. What I communicate to others
- c. How I communicate to others

**3. My physiology**

Examples:

- a. How I breath
- b. My posture
- c. A calm mind through meditation
- d. My smile

**4. My focused awareness**

Examples:

- a. Embodied presence
- b. Being present with others
- c. Focusing on why I'm doing what I'm doing

**5. My Beliefs**

- a. Always asking myself – Is this true?

**6. My Attitude**

Examples:

- a. Grateful
- b. Kind
- c. Compassionate
- d. Curious

**How can I focus on what I can control right now and improve my emotional state?**

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_
- f. \_\_\_\_\_
- g. \_\_\_\_\_
- h. \_\_\_\_\_
- i. \_\_\_\_\_
- j. \_\_\_\_\_