



BE UNSTOPPABLE

COACHING



The Power of POSITIVE EMOTIONS

Tool and Worksheet




The Power of POSITIVE EMOTIONS

Positive emotions have numerous health benefits including the ability to control stress ... promoting good health, the ability to think clearly, feel happy, feel confident, connect and communicate effectively, be better at learning new things and perform at a peak state.

Positive emotions, like negative emotions, are within one's control, to choose to feel them, to use them to our benefit and to enrich our life experiences. People who have high levels of positive emotions look at the world from a different perspective than a negative individual, which in turn, highly influences the goals they set, the manner in which they build relationships, how they react and respond to circumstances, and how their needs are met.

Getting into a positive emotional state is achieved in a number of ways, as there are so many different things that can make an individual feel good, and thus, can be done regularly to 'power up' the positive emotions on a daily basis. Some examples of ways to feel positive emotions include consistent and deep practices of gratitude, listening to one's favourite song, exercise to oxygenate the brain and blood flow, the practice of meditation and mindfulness and anything else that makes an individual feel 'happy and empowered'.

CHOOSING WHAT EMOTION TO FEEL IS IN YOUR CONTROL

					
Happy	Energetic	Strong	Hurt	Angry	Confused
Pleased	Determined	Certain	Sad / Upset	Frustrated	Uncomfortable
Grateful	Inspired	Sure	Depressed	Annoyed	Inadequate
Optimistic	Vibrant	Secure	Overwhelmed	Agitated	Uncertain
Content	Healthy	Empowered	Overloaded	Irritated	Doubtful
Joyful	Motivated	Powerful	Frustrated	Fed-Up	Embarrassed
Glad	Focused	Ambitious	Disgusted	Disappointed	Lost
Appreciative	Creative	Bold	Hateful	Resentful	Pessimistic
Enthusiastic	Passionate	Tenacious	Lonely	Furious	Indecisive
Loving	Curious	Unique	Hopeless	Bitter	Guilty / Regret

..... POSITIVE EMOTIONS

..... NEGATIVE EMOTIONS

Your Top 10 Positive Empowering Emotions

EMOTION	What does this emotion mean to me?	What can I do each day to ignite the emotion more?



Practice ...

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The Power of POSITIVE EMOTIONS ... Action Goals

What action goals are you going set to power up your positive emotions daily? Take into consideration what you have reflected on and the insights you have gained through this worksheet, to help you write goals and action steps below.

Remember that positive emotions have numerous health benefits including the ability to control stress ... promoting good health, the ability to think clearly, feel happy, feel confident, connect and communicate effectively, be better at learning new things and perform at a peak state. Powering-up your positive emotions will result in a happier, more confident YOU, ready to take on anything life brings.

GOALS

ACTION STEPS
