

## Your Weekly Work-IN

***Congratulations!***

***You finished your 4th week of the Resilience Course™***

Let's do a quick review.

### **Take-aways fitness tips**

- A. Emotion is energy. We need it in our lives.
- B. Emotions are messengers and carry important information; we need to listen to them.
- C. You have 4 cardinal emotions, they tell you what direction to move towards.
- D. Emotion is not good or bad - it's what you do with it!
- E. All emotion has good qualities including fear, sadness and anger.
- F. It's not about feeling better, it's about getting better at feeling.

In addition to continuing to practice good self care (see the Your Daily routine)

### **Your exercises this week**

- 1. Take time to identify your emotions and classify them in one of the 4 cardinal directions
- 2. Don't shoot the messenger! Learn to "sit with" your emotion to build your capacity to contain and listen to it.
- 3. Take the time you need to deal with any "unfinished business" you might have. This requires a pen, paper, quiet time and an open heart. Don't mail it! It's for you alone.
- 4. Be kind to yourself and express gratitude to your self at the end of each day for doing the work.

Also continue to

- 5. Continue to ground and meditate each morning
- 6. Check and change your frame of mind as needed

These daily practices are essential for consolidating and reinforcing your new learning.

***Earlier exercises might seem each day***

***That is not the case !***

***You are getting stronger!***