

# OUR HOLISTIC ROADMAP IN 66 DAYS

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WEEK 2

## Welcome to week 2 of The FeelGoodX workshop.

Let's recap what we focus last week

- You've engaged in different activities that will help you find what your heart truly desires by reflecting on the things that you're passionate about.
- Discovered what really drives your passion.
- Reflected on your proudest moments and achievements.
- You were able to explore the roadblocks that you need to identify and search the areas that you're good at and the areas you're not.

This is the last week of part A: Heart, we will check your emotional health. When your journey intensify, you'll discover how to separate your actions from your feelings and express yourself in more healthy ways. There's no need to fake it anymore, no need to stuff down your feelings or mask your true emotions with unhealthy habits or dysfunctional behaviours. When you begin to clean up your hidden belief systems, your emotional health improves. All your decisions begin to align with your highest and deepest healing. You begin to live a vibrant and purposeful life.

***Today, let focus on the second element: Emotional health***

## Taking Good Care Of Your Emotions



*Emotions influence every action we take.  
So the more we are aware of our feelings,  
the more we gain conscious control over our lives.*  
– Jessica Moore



Did you know? Emotional health is an essential part of your overall health and well-being? If you are emotionally healthy, you can control your feelings, your thoughts, and your behaviors. You can cope with life's challenges. You can make problems with a positive perspective and find solutions from setbacks. Also, you feel good about yourself, understand people, and create good relationships.

Emotional health is not just interacting or engaging with others. But also understanding and being aware of our own emotions. You can deal with them in different ways, whether they are positive or negative. We all feel stress, sad, happy, angry, and excitement. But you should know how to handle your own negative feelings.

Emotional health is a vital part of your life. Why? Because it allows you to realize your full potential, directs you to the things you love to do, and lead you to the life you wanted. Good stuff happens to you if you acknowledge your emotions; you can work productively and cope with the stresses. It also helps you to work with other people, especially to those who are not emotionally stable as well as contribute to society.

Research shows that your emotions also affect your physical health. Because having an emotionally healthy lifestyle can be a sign of good health and have benefits to your body by lowering blood pressure and reduced the risk of heart disease.

### Are You Aware Of Your Emotions?

Your emotion is a powerful tool, and your mental state dramatically influences how you see the world. Envy and being competitive by nature affect your emotions – You have to deal with these feelings. However, it is in your view also to deny it. If you can acknowledge your tastes, we can use them to better ourselves.

Then being aware of your emotions is a critical part of knowing yourself, finding your passion and purpose in life. Furthermore, it is also a crucial step in enhancing your emotional intelligence. You also need to be able to identify emotions in others and stay focus on how others respond to your feelings we show or express. These can also a key factor to help us respond to your own and other's emotions appropriately.

When your brain interprets the things that are going around us through experiences, beliefs, and thoughts – in this process, emotion is created, then our actions and decision are heavily influenced by it.

Following your heart can be a great way to discover your life’s desire. But even though you know that your choices and actions are based on your behavior, values, beliefs, and logic, they often emotionally controlled. By understanding how emotion works into your actions and especially to your decision-making process, you can notice the difference between right and wrong in making choices that will help you to live your life to fullest.

## Your Emotions Matters



*The best and most beautiful things in the world  
cannot be seen or even touched.  
They must be felt with the heart.  
- Helen Keller*



Different things can stimulate your emotions. Use the blank spaced to fill in what stimulates your emotions.

**Happiness** – is a positive feeling and a sense of well-being. When you feel good, successful, grateful, and safe, you feel this emotion.

**Happiness** – is a positive feeling and a sense of well-being. When you feel good, successful, grateful, and safe, you feel this emotion.

**Rate your happiness 10 is the highest 1 is the lowest**

1 2 3 4 5 6 7 8 9 10 : \_\_\_\_\_

**How does happiness affect me?**

I feel happy when I  
*E.g. When I am with my friends and family*

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I feel happy when faced with these life events  
*E.g. Birthdays, family reunions, playing sports with friends*

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I feel happy when people  
*E.g. When people acknowledge my good behavior*

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How do I manage this emotion?  
*E.g. Make a journal, write down my thoughts and feeling about this being happy*

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**Sadness** – this is associated with feelings of despair, loss, and disappointment.  
Rate your sadness 10 is the highest 1 is the lowest

Rate your happiness 10 is the highest 1 is the lowest

1 2 3 4 5 6 7 8 9 10 : \_\_\_\_\_

**How does sadness affect me?**

I feel sad when I

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I feel sad when faced with these life situations

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I feel sad when people

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How do I manage this emotion?

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How do I manage when people feel this emotion?

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**Sadness** – this is associated with feelings of despair, loss, and disappointment.  
Rate your sadness 10 is the highest 1 is the lowest

**Rate your happiness 10 is the highest 1 is the lowest**

1 2 3 4 5 6 7 8 9 10 : \_\_\_\_\_

**How does sadness affect me?**

I feel sad when I

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I feel sad when faced with these life situations

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I feel sad when people

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How do I manage this emotion?

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How do I manage when people feel this emotion?

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**Love** – Feeling loved means you are essential to someone showing others that you care, including with your mom, dad, siblings, and friends.

**Rate your feeling of love 10 is the highest 1 is the lowest**

1 2 3 4 5 6 7 8 9 10 : \_\_\_\_\_

**How does love affect me?**

I feel sad when I

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I feel love when faced with these life situations

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I feel loved when people

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How do I manage this emotion?

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How do I manage when people feel this emotion?

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**Anger** – is an unwanted feeling, for example, conflict and argument at work and waiting for hours because of traffic.

Rate your anger 10 is the highest 1 is the lowest

1 2 3 4 5 6 7 8 9 10 : \_\_\_\_\_

How does anger affect me?

I feel angry when I

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I feel angry when faced with these life situations

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I feel angry when people

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I feel angry when people

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How do I manage when people feel this emotion?

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**Fear** – is a universal emotion or experience if you feel threatened or perceived danger.

Rate your anger 10 is the highest 1 is the lowest

1 2 3 4 5 6 7 8 9 10 : \_\_\_\_\_

How does fear affect me?

I feel angry when I

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I feel angry when faced with these life situations

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I feel angry when people

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I feel angry when people

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How do I manage when people feel this emotion?

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## Self-Aware, Conscious, Mindful, Sensible And Watchful



*The emotion that can break your heart is sometimes  
the very one that heals it.*  
– Nicholas Sparks



It's difficult to make changes to yourself when you aren't sure what emotions/traits you need to work on including emotions/traits you already have. Developing your self-awareness will help you to figure out what areas you should focus on and how to utilize them to improve your well-being.

List eight positive emotions and character traits that you feel you possess and list five of the areas you think you need to enhance. This list includes:

Positive feelings and emotions

**Love, Joy, Amusement, Contentment, Satisfaction, Enthusiasm, Cheerfulness, Kindness, Gratitude, Hope, Serenity, Interest, Joy, Relieved, Peaceful, Free, Purposeful, Healthy, Awe, Enjoyment, Inspiration, Pride, Euphoria, Admiration, Confidence, Pleasant**

Positive emotions I have	Emotions I like to work on (why?)
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____

## List Of My Personal Traits

Creative, Positive, Curious, Imaginative, Hardworking, Funny, Honest, Loyal, Respectful, Responsible, Compassion, Fair, Humility, Forgiveness, Courageous, Generous, Perseverance, Polite, Kind, Loving, Optimis, Reliable, Discipline, Helpful

Personal traits I have	Personal traits I want to work on (why?)
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____

## Positive Feeling

If you think of positive emotions or traits you'd like you to improve that is not included in the list above, you can add it. Your file must be personalized to you.

According to studies that have at least three times positive emotions per day people most likely to do their best than having negative emotions - this is also known as negative bias

In the first provided, you should write out your own name in a vertical layout. Then think an adjective that describes your positive traits each letter of your name.

Sweeping your emotions away and refuse to deal with complicated feelings that came up will result in low self-esteem and feelings of insecurity. By acknowledging these emotions, you can achieve a healthy level of aggression towards these unwanted feelings as well as you can find ways to put it in good use. Look how you can process your emotions, the process is not easy to achieve by doing, so it has benefits, and because emotional intelligence is a powerful ally in building better health and wellness.

## Emotional Hygiene

Most of us spend a lot of time focusing and worrying about our physical health, but we sometimes neglect our emotions in the process. To maintain good emotional health, you can practice emotional hygiene this is like taking care of your physical health. Our mind is hard to change once we become convinced. So it might be very natural to feel demoralized and defeated after you fail. But you cannot allow yourself to become convinced you can't succeed. You have to fight feelings of helplessness. You have to gain control over the situation.

Taking action when you're lonely, by changing your responses to failure, by protecting your self-esteem, by battling negative thinking, you won't just heal your psychological wounds, you will build emotional resilience, you will thrive. A hundred years ago, people began practicing personal hygiene, and life expectancy rates rose by over 50 percent in just a matter of decades. I believe our quality of life could rise just as dramatically if we all began practicing emotional hygiene.

## Emotional Diary



*Your emotions are the slaves to your thoughts, and  
you are the slave to your emotions.*  
– Elizabeth Gilbert



Sometimes you need to neglect the big picture and prioritize the immediate concern. When making a decision, consider the options and what are the consequences. Knowing your emotions genuinely helps you to think and reflect before making steps.

In the space provided write about why whom, where you felt these emotions

Emotion	Where?	To whom?	What causes this emotion?	Why did you feel this emotion?	Is this emotion suitable for the situation?
Happy					
Sad					

Emotion	Where?	To whom?	What causes this emotion?	Why did you feel this emotion?	Is this emotion suitable for the situation?
Excited					
Unimpressed					
Proud					
Embarrassed					
Energetic					
Lazy					
Relaxed					
Stress					

List down the top 8 you like to feel the most

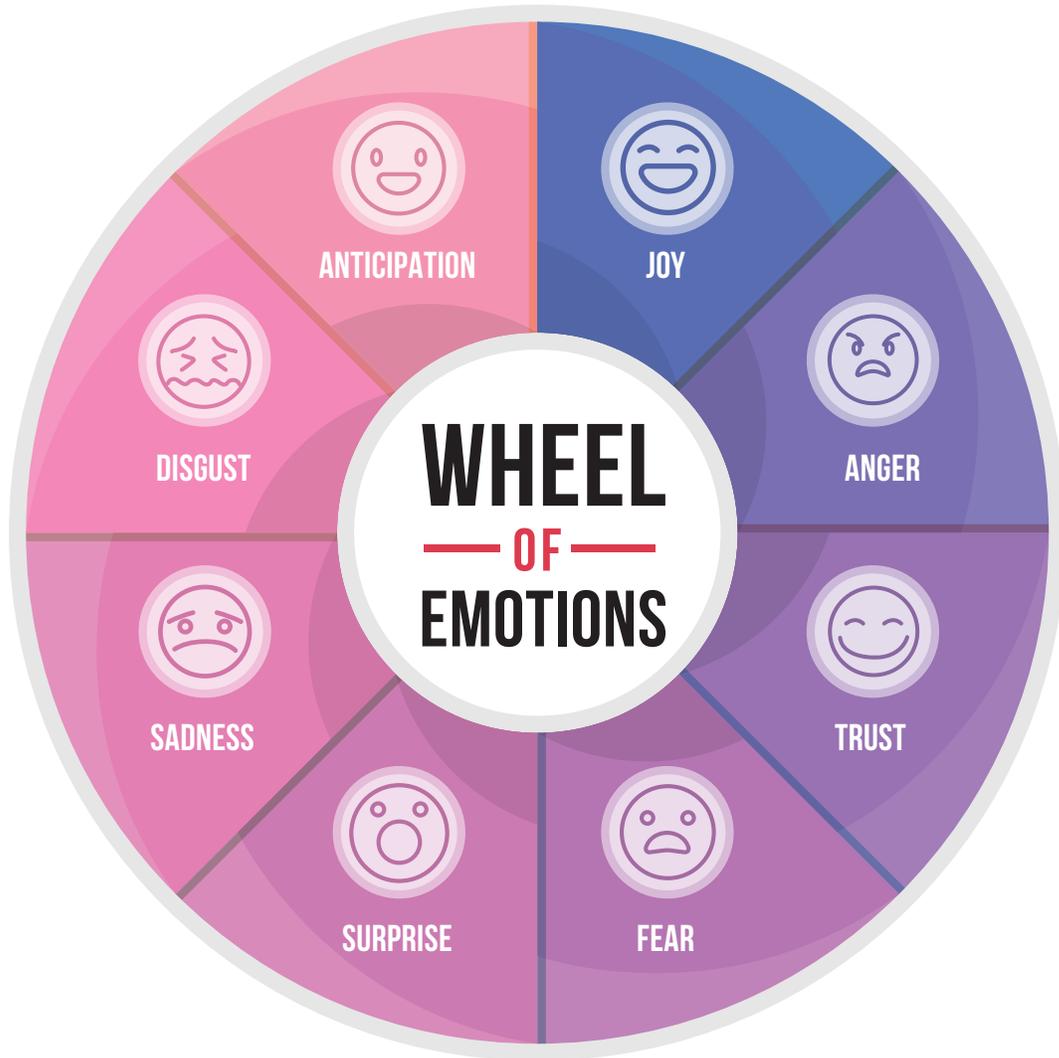
1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

List down the top 8 you don't like to feel the most

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_



## Wheel of Emotions



## Personal Emotional Manifesto

Your emotional personal manifesto is a declaration of your beliefs and values, and how intend to live your life. Use your manifesto as a constant source of inspiration to you, and one that can often be easily ready every day. For example, you can read your manifesto everyday, before you start your work. You will be focused by reminding yourself about priorities, like how I like to work honorable at my work.

In any situation, regardless of how difficult it may be,

“I will exhibit strength and control”

“I will display the courage to stand steadfast in my principles, even in the face of impossible circumstances”

I will take these words to heart:

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Write down your own incantation for this week's theme

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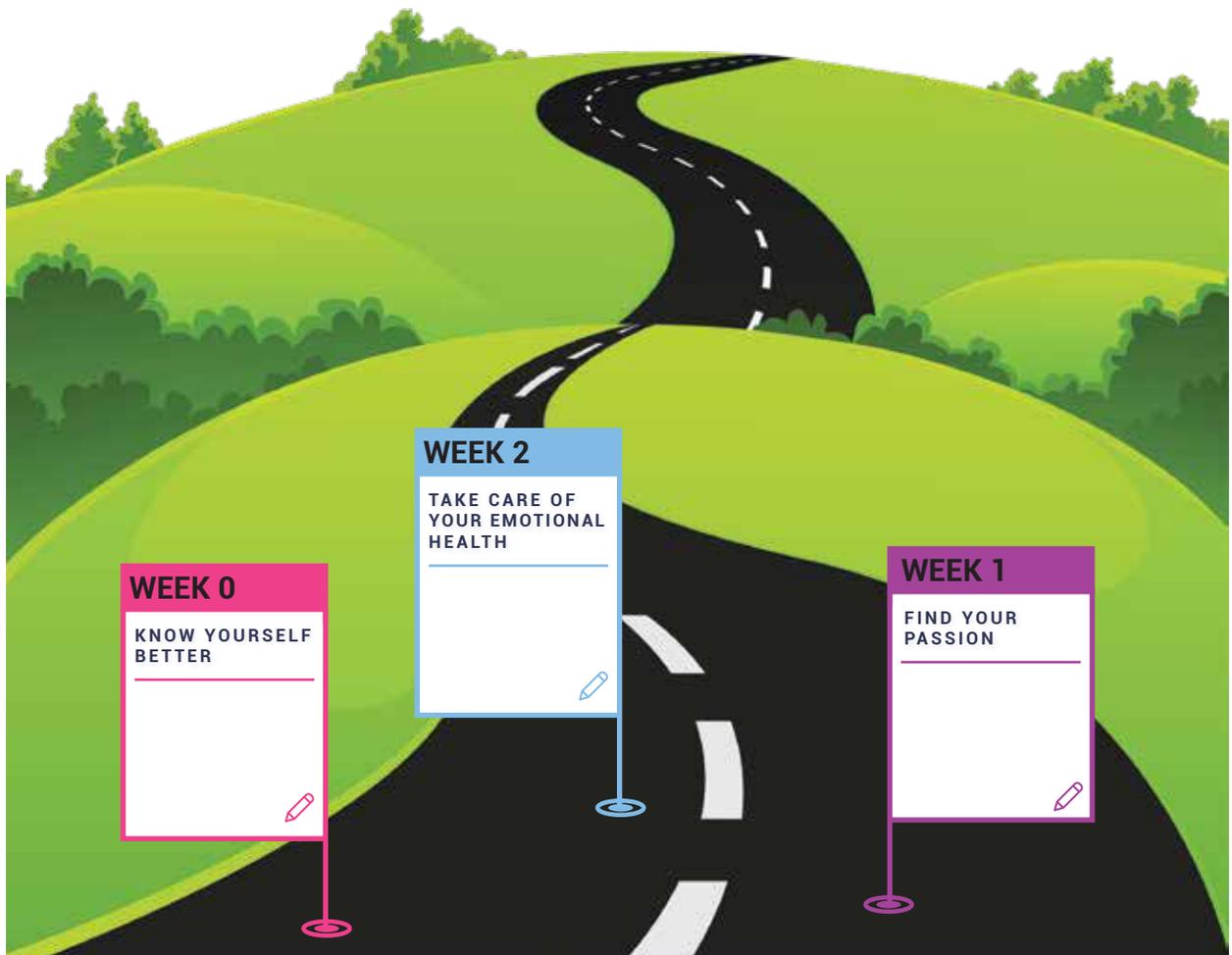
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*Life is one big road with lots of signs. So when you are riding through the ruts, don't complicate your mind. Flee from hate, mischief, and jealousy.*  
– Bob Marley



This winding road is your guide each week. In the space below write down your own intention and three words, what you are excited for this week.



Here's a quick summary of what you have learned this week:

- Raising your emotional intelligence can improve your relationship and achieve your goals.
- Coping with your emotions plays an important role in your overall health.
- By learning to feel and embrace your emotions you can handle them and use it in an appropriate way.
- Emotions can influence your behavior