

## Know

### 6 questions to help develop your Self-Awareness



What am I feeling... and what else?



What's happening physically (eg tight muscles) that can give me clues about my feelings?



Am I thinking of this emotion as an enemy or an ally?



If this emotion is trying to help me... What is it telling me?



What happened... and what happened before that?



If someone were totally honest with me, how often would they say I react this way?

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## Choose

### 6 Powerful Tips for Choose Yourself



Pause and consider the cognitive and emotional components of a decision.



What are my options... and what are a few other options?



How can my feelings be a resource to help me move forward?



What can I do physically to help myself emotionally? (Relax shoulders, smile, etc.)



What are my most important values... and what decision aligns with that?



Have I thought of this adversity in terms of the 3 Ps (permanent, pervasive, powerless)?

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## Give

### 6 Tips for a Purpose Driven Life



What do I want to contribute to the world?



What is my noble goal in one sentence... and how can I bring that into this moment?



Ask yourself: Which decision brings me closer to my noble goal?



When you feel stuck, think about the situation from a longer perspective.



When you find yourself thinking judgmentally, try replacing statements with questions.



Ask yourself: Am I paying attention to more than this person's words?

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