



21-Day 'Kick Into Action' Teleseries

Please Print This Worksheet And Have It With You During The Call

www.21DaysofAction.com

Day 10 – Mastering Your Emotions

Notes:

Checking in with your goal

Remember to rewrite your goal today:

I am so happy and grateful

Daily Action

Write down your **Daily 7 Practical Action Steps™** for today:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Emotional States

What is an emotional state?

All Human Behavior is the result of a state of _____.



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Changes in our _____, _____,
_____ and _____
_____ all affect our feelings and behavior.

Notes:

The other key determining factor in how we feel moment to moment is the _____.

AS you learn to change the _____, _____
and _____ in your mind, you will begin to gain conscious control of your Life.

The Screen Of Your Mind:

Images that are _____, _____ and _____ have greater emotional intensity.

To diminish unpleasant or stressful experiences:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

To intensify positive or resourceful experiences:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____



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Notes:

Homeplay

1. Think of a *mildly* stressful or uncomfortable situation Go into the theatre of your mind and for a few minutes practice reducing the intensity of the situation.

Clear the screen.

Think of a time in your life when you felt great. **Practice intensifying that situation.**

Then, go back into the theatre of your mind and practice intensifying the mental movie you've been working on for this 21 days.

2. Remember to go into the Theatre of Your Mind and update and rehearse your Mental Movie.

2. Do your **Daily 7 Practical Action Steps™** today.

3. Practise the Black Dot exercise throughout the day.