



EMOTIONAL FITNESS

Complete this sentence:

I feel _____.

Where do I feel it? *Take a moment to be still and breathe and locate any physical sensations in your body connected to this feeling.*

How does it make me feel? *Elaborate on how the feeling manifests itself in and through you.*

What do I need?

What can I do?

What's a hope inside of my control?

What's a hope outside of my control?