

MODULE FOUR

Stepping Stone 55

I Pay Attention To My Feelings



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In an average day, I am involved with many different people and situations. Even though I share my world with a lot of others, I see the importance of being in touch with my own feelings.

I strive to keep track of my emotions so I can live the best life possible.

My feelings largely determine how this day progresses. When I feel annoyed or disappointed, a shroud of greyness covers me. When that happens, I may struggle to see the good that surrounds me.

Still, I take responsibility for my emotions. I make the choice to be positive and respectful of others, regardless of the situation.

I stay in tune with my emotions to try and keep my day bright and sunny. Noticing how I feel helps me stay positive and approach whatever the day brings with anticipation and gratitude.

I am confident in my ability to successfully manage my own thoughts and feelings.

Recognising that I control my feelings helps me to understand my power over my life. Regardless of what occurs, I have the strength and fortitude to rise above any challenges that lay before me by maintaining control over my emotions.

Today, my plan is to tune into my emotions so I am aware of how I feel. ***I want to ensure that I give my feelings the attention they deserve.*** I am worthy of whatever time it takes to take heed of my emotions.

Self-Reflection Questions:

1. Throughout the day, do I conduct a “feelings check” to stay in tune with my emotions?
2. When does managing my feelings present the biggest challenge to me?
3. What will I do to protect and successfully attend to my emotions?