

5 - MINUTE

MOOD CHANGER

CHEAT SHEET



PURPOSE:

- 1) Become aware of how you feel.
- 2) If it's an emotion you don't like, see it as a signal that you need to take action.
- 3) Make changes to the 3 factors of your emotional state: focus, physiology, and language, using this cheat sheet to guide you.

FOCUS

What am I currently focusing on?

Is that leading me towards positive or negative action?

Is there a different way to look at this situation?

How can I focus on creating a solution, instead of dwelling on a problem?

PHYSIOLOGY

What emotion is my posture currently reflecting? How can I change it?

What emotion is my vocality (tone, pace, enunciation) currently reflecting? How can I change it?

Have I moved my body or gotten my blood flowing in the past hour?

What movement am I able to do now to improve my emotional state?

LANGUAGE

What patterns of thought or speech am I using? Am I focused on problems or solutions?

ASK QUESTIONS THAT LEAD TO POSITIVE ACTION

What can I learn from this?

Why do I feel this way, and what am I willing to do about it right now?

Is this a signal that there something I need to improve or change in my life?

