

HOW TO FEEL BETTER

The
CONTENTED
Corporate





10 STEPS TO FEELING BETTER

1. Reveal your problems and struggles in an honest and complete way.
2. Categorise and identify the true source of all problems.
3. Learn how to feel instead of reacting, avoiding or pushing down emotions.
4. Learn how to manage your thinking.
5. Take emotional responsibility by living as an emotional adult.
6. Constrain and Simplify your life.
7. Honour Yourself by deciding ahead of time.
8. Choose joy over pleasure for your body.
9. Set proper boundaries, drop manuals, and love unconditionally.
10. Achieve your desired results with massive action



TOP 3 FEELINGS WORKSHEET

Top 3 Feelings Worksheet

On a daily basis, what are your three most common feelings?

- 1.
- 2.
- 3.

What are the thoughts causing these three feelings?



What would you like your top three feelings to be?

1.

2.

3.

What thoughts would you need to think in order to feel these feelings?



How would your results change if your top 3 feelings changed

Would you keep any the same? Why?