

SELF MANAGEMENT CHEAT SHEET

We have 100% control of how we react to our emotions. Self management is the ability to react to our emotions in a way that will benefit us and keep us in alignment with who we are and what we want. From left to right you will find 1. an emotion that you are experiencing, 2. the emotion you want to take its place 3. a suggested activity to allow you to reach that desired emotion.

EMOTION FELT

EMOTION DESIRED

REACTION

Anger

Compassion

Write your feelings down

Shame

Pride

Practice affirmations

Fear

Optimistic

Visualization Ppractice

Stress

Relaxed

Exercise or nap

Jealousy

Compersion

Practice sympathetic joy for others

Guilt

Acceptance

Self Gratitude Practice

Anxiety

Serenity

Meditation practice

Envy

Generosity

Pay it frward and make someone's day

Hopeless

Hopeful

Create a vision board

Frustrated

Confident

Remind yourself of what is going right and that you can do this!

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