

DAILY PRACTICE:

EMPOWERING EMOTIONS



As a leader in business and life, “decide” to feel these emotions daily. Focus on what you want, which will drive greatness, a compelling and juicy life, and career. As a result of cultivating these emotions, your actions will align. You’ll organically nurture strong relationships, create an engaging, productive, and harmonious environment, and empower yourself to lead powerfully, intelligently, and with integrity. Raising your standards and choosing to feel these emotions daily will guide your behaviors, not the other way around. **To create a behavior, put yourself in an emotional state where the behavior is automatic.** Make these emotions your daily code of conduct. (Adapted from Tony Robbins).

Name: _____ Date: _____

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| 1. Love & Warmth | → | Build close relationships and interactions with team members, clients, and others in your personal life. |
| 2. Appreciation & Gratitude | → | Build relationships by doing whatever is necessary, even going above and beyond to nurture the people around you. Have a deep sense of caring for your team, peers, clients. Share with them what you value and appreciate in them. |
| 3. Curiosity | → | Learn to be curious like a child, to wonder. Be open to explore the possibilities, different perspectives, potential solutions, an alternative viewpoint. |
| 4. Excitement & Passion | → | Add juice to your life. “Man is only truly great when he acts from his passions.” Benjamin Disraeli. Bring excitement and passion to your work and interactions. Passion adds to life’s enjoyment and turns challenges into tremendous opportunities. |
| 5. Determination | → | Set your goals and drive your strategic plan to fruition. Get creative and resourceful about “how” to make it happen. |
| 6. Flexibility | → | Change what is going on. Be flexible in your perception, communication, and behaviors. Be receptive to pivot. |
| 7. Confidence | → | Try things, put yourself on the edge. Act from a place of confidence in what you do. Exercise faith and trust in yourself and others. Choose confidence over fear. |
| 8. Cheerfulness | → | When you are happy, tell your face about it and create a cheerful environment, reflecting how you feel and making others around you happy. |
| 9. Health & Vitality | → | Embody this emotion to practice what makes you feel energized and strong physically, emotionally, and spiritually, to help you eat healthy and exercise regularly. |
| 10. Contribution | → | This may be the most important. Acknowledge your contributions at work and the impact you’re making at work, and personally. |

Where do you want to be 12-months from now? Schedule a Bonus Strategy Session and learn how we can support you to begin creating the results you want: www.CallWithGinny.com

With love and appreciation,

Ginny

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