

## Peaceful Practices: Bottling Your Feels

“Your feelings are so important to write down, and to remember because today you may be heartbroken, but tomorrow you will be in love again.”

Taylor Swift

### Introduction:

The purpose of this activity is to identify a positive feel, a mindset, or a moment of flow, that you can draw upon and apply to future tasks. Writing them down helps you to create a collection of resources that you can take with you to tackle anything with confidence.

### Instructions:

**Take** a few minutes and reflect on your day. What is one thing you experienced that you felt went particularly well or in your favor? It does not need to be a major event, just identify something you associate positive feelings with from your day.

*Example-* One thing that went particularly well today was my presentation at work.

Your turn: \_\_\_\_\_  
\_\_\_\_\_

**Next:** Identify a reason why you feel this way about this experience.

*Example-* I feel that my presentation went well because there were several questions and general interest following its conclusion, and I received positive overall feedback from my boss and/or colleagues.

Your turn: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Analyze** it further, and try to identify a feeling or mindset you reached during the event that helped you to make it a positive overall experience.

*Example-* I felt confident and relaxed during my presentation, because I took extra time to prepare for it, and consequently, I spoke clearly, with good pace, and energy.

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Your turn: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Now**, think about your day tomorrow, and identify one thing that you anticipate may be a challenge or is of importance to you. Now apply the same feel or mindset you identified above, to the upcoming task you face and create a "feel good plan of action statement."

**Example-** Tomorrow, I have to meet with my boss to discuss further the data from my presentation and the next steps with my ongoing project. *(task)* When I get to work, I am going to review my data, and approach the conversation with confidence, making sure I make good eye contact, I speak clearly, and I ask any clarifying questions necessary to help me forward with my project. *(feel good plan of action statement)*

Your turn- Tomorrow, I \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### **Conclusion:**

I want you to make time at the end of each of your days to complete this activity. Your mindset is everything and ultimately shapes your reality and circumstance. Life is hard, but also beautiful, and utilizing positive experiences, even in the most challenging of circumstances, is quite useful. Please stay tuned for more Peaceful Practices, and take care.

Written by Man With a Plan aka Jeffrey Kalinoski