



## Well Powered Living

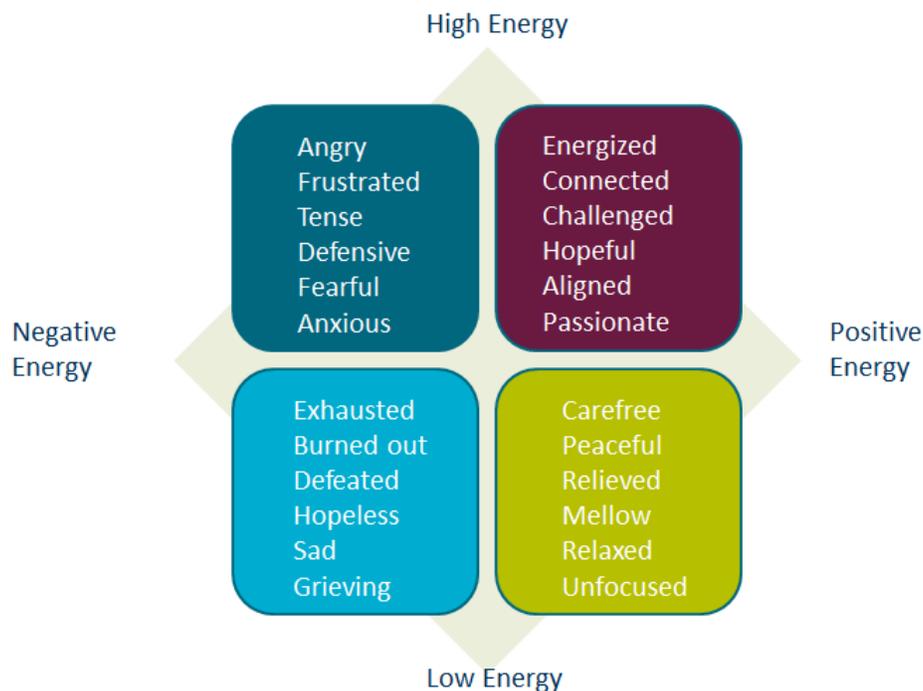
### *Emotional Energy*

Emotionally \_\_\_\_\_:

- We cannot suppress our emotions
- We cannot bring every emotion to work
- Emotions give us information about engagement
- We should honor and manage our emotions

Four Quadrants of Emotional Energy

- Practice creating more positive energy
- Expect energy to oscillate from high to low
- Positive energy increases \_\_\_\_\_



Emotions that optimize performance: hope, gratitude, compassion, realistic optimism, challenge or sense of adventure



**Activity:** List 8 things you are grateful for:

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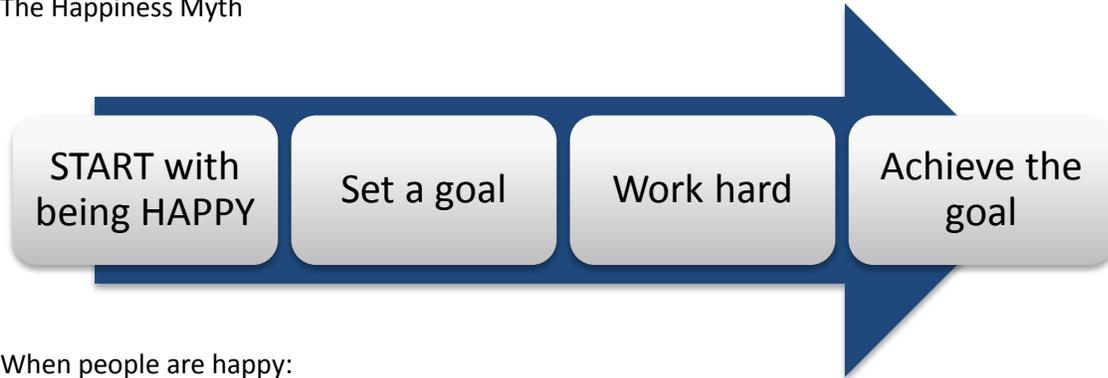
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The Happiness Myth



When people are happy:

- Social networks are stronger
- People live longer
- Medical conditions are less acute
- Productivity increases
- Creativity increases
- Outcomes improve

Ways to increase happiness in 21 days:

1. 3 \_\_\_\_\_ challenge
2. Journaling
3. Exercise
4. Meditation
5. Random Acts of \_\_\_\_\_

**Emotional Energy Ritual:**

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