



Checking in With Your Feelings



One small act of kindness

Next time you do something nice for someone else, check out how the connection affects you. “I notice a warmth in my chest,” for example. Or, “I feel energized and content.”

With a sense of the power of helping, think about other ways you can pitch in.

After taking on a challenge

Next time you meet a deadline, complete a difficult task or work on something that requires enormous focus, pause to consider how that feels in your body. For example, “I notice a sense of relief in my shoulders. I feel satisfied and grateful.”

Write a few notes on how you will take on your next challenge.
