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ORDINARY MAGIC

The Woman Within

5 INSIGHTS

Actions

by Carey-Lyn Kurten





1 EMOTIONS ARE MESSAGES

They are information and energy

IN ACTION:

Emotions are a resource, not an annoyance. Even difficult emotions like fear, anger and sadness are valuable.

What can you learn from the messages in your emotions?

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2 WE EXPERIENCE MORE THAN ONE EMOTION AT A TIME

Adults tend to focus on and hold onto, the difficult ones

IN ACTION

Keep your negativity bias in check and don't stay stuck in the difficult ones.

Which emotions are you hanging onto?

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3 STOPPING UP ENERGY IS A CHOICE



*Just like charging your
cellphone battery*

IN ACTION

What can you commit to
this week to top up your
energy?

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4 GRATITUDE MELTS HEARTACHE AWAY

...and it raises wellbeing

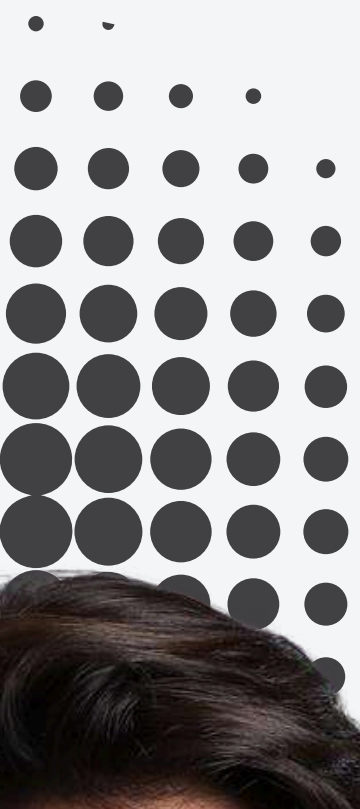
IN ACTION:

Start the 21 day
gratitude challenge
(both daily and
in-the-moment)



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5 EMOTIONS ARE CONTAGIOUS

*Your wellbeing impacts
those around you*

IN ACTION:

What is your footprint in
your family and at work?

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