

Chapter 1: Acknowledge
Resource # 2

5 Questions

Q 1: *What are your feelings now?* Are they indicating that the balance in your emotional coping account is negative or positive?

Q2. *What are your withdrawals (stressors)?* List the outside stressful situations and your reactions that drain you and make you feel stressed.

Q3. *What are your deposits?* List everything that makes you feel good, either happening from outside you or your internal response in the form of what you feel, say, and do that energize you and make you feel joy.

Q4: What does your destination look like? What would you like to be feeling, thinking, saying, or doing by taking this journey from stress to joy?

I offer Advanced Gratitude That (AGT):

Q5: What is your motivation? Why do you want to invest your time and thoughts in transforming your stress?

What If?

If you don't acknowledge where you are and where you want to go, you won't realize when you reach your destination. If you do, you can plan, progress and feel happy. So, go ahead, answer these 5 Questions.