

Coexist With Your Emotions

12

Take three minutes and do a journaling session.

What are you thinking? What are you feeling? Look inside your self and identify your emotions and sensations then write them down in the space below.

12 Be Present With Your Gratitude

Practice being present with gratitude. Write down the things that you are grateful for in your immediate surroundings. It could be internal it could be external. It could be things that are going well for you right now.

Writing it down now will help you learn this important skill, but soon you'll find you won't need to write it down. You can practice it anytime, anywhere and get the most out of your sensations and emotions.

