



# Managing Your Emotions & Mindset

## Lesson 2

### 3. Drive for \_\_\_\_\_

- Set new \_\_\_\_\_ for yourself
  - The words I would love to define the way I think of myself in my personal life are...
  - Of all the words, the THREE that I am going to make my standard and my mantra in how I think of myself are...
  - I chose each of these three words because...
  - The words I would love to define the way I interact with others are...
  - Of all the words, the THREE that I am going to make my standard and my mantra in how I interact with others are...
  - I chose each of these three words because...
- Check and set your \_\_\_\_\_
  - So what mood would you like to experience consistently?
  - How would you describe it?
  - Why is that the mood you specifically want to experience?
  - What could you do to stay conscious of your mood?

- Begin every day by asking yourself, What am I looking forward to the most today, or what could I decide to do today that I can look forward to? Starting the day with a positive expectation is key to setting your mood meter high.
- Drink a lot of water all day long— around six liters of water total if you are living an active and fit lifestyle. It turns out that most fatigue, hunger, and headaches— all serious mood killers— stem from a lack of proper hydration.
- Look for reasons to say “thank you,” and show appreciation throughout the day. Complimenting others and showing gratitude has been shown to elevate mood significantly.
- Have lunch with friends. Being around people you like and socializing with others always improves mood.
- Write in a journal each night, detailing the things you are grateful for from the day’s experiences, as well as what you’ve learned and look forward to.
- Finally, for the next thirty days, write an entry in your journal about your overall mood for that day and why you felt that way. Then brainstorm some ways you could have generated a more charged mood for that day. The act of writing this down every day will keep your focus and imagination on how you can finally start feeling the way you’ve always wanted to feel in life.
- Keep your \_\_\_\_\_ and \_\_\_\_\_ through.
  - What are your responsibilities in life?
  - What have you started but have not finished? Journal of parenting time or chronology of significant events
  - What can you do today to manage your responsibilities and finish what you have begun?

#### 4. Drive for \_\_\_\_\_

- Who Cares about you?
- Who do you care about?
- You Must care for \_\_\_\_\_
- Be more \_\_\_\_\_ and allow others to care for \_\_\_\_\_
- Be more \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ to others.
  - List five ways you are going to take better care of yourself.
  - If you were willing to be more vulnerable in life, i’d probably start asking from more help in the area of...
  - List three ways you will start demonstrating more care for the people in your life

- list three ways you will show your children you care about them. ( You don't have to be in contact with your children yet, think of strategies to care for your children that you will be able to demonstrate when you reconnect).

## 5. Drive for \_\_\_\_\_

- \_\_\_\_\_ and \_\_\_\_\_ your ideal relationship with your children and your co-parent.

- What defines a happy and deeply connected relationship with your child? Answer this for each child separately since they are different and and different ages.
- What do I need to do to improve the relationship with my children?
- What defines a happy and conflict free relationship with my co-parent?
- What do I, not them you, need to do to improve the quality of the relationship with my co-parent?

- \_\_\_\_\_ Projection

- List 3 positive traits about your co-parent  
\_\_\_\_\_
- List 3 positive traits about each of your children  
\_\_\_\_\_
- List 3 positive traits out your significant other. If you are not in a relationship list 3 traits you would like your next partner to have.  
\_\_\_\_\_

- Find and cultivate “\_\_\_\_\_ friends.”

1. How many close, real friends do you have? (You alone can define “close” and “real” for yourself.)
2. How often do you see them in person?
3. How often do you speak with them?
4. On a scale of one to five, with one being the lowest amount possible, how well do these close friends really know you?
5. On a scale of one to five, with one being the lowest amount possible, how much do these close friends consistently encourage you to chase your dreams?
6. On a scale of one to five, with one being the lowest amount possible, how much do these close friends provide you with insight, information, and inspiration that challenge you to be a better person?
7. On a scale of one to five, with one being the lowest amount possible, how much fun do you have when you hang out with these close friends?

With these questions and your answers, you can clearly discover a lot about yourself and your immediate circle of friends. You can also gauge how supported, understood, connected, and enlivened you feel in your friendships.

Without sugarcoating, here are the responses you're going to need to live a fully connected Life:

1. Four to twelve
2. You must see them, or at least one of them, in person every month.
3. You must speak to them, preferably several of them, every week or two at a minimum.
4. Five
5. Five
6. Five
7. Five

- In your journal or on a piece of paper, please write down the names of all the friends you've had in life, one name per line. This includes elementary school friends and those from high school, college, work, sports, and your hobbies. Next, write a short description of (a) what about them made you choose them and like them as friends, and (b) why you are still, or are no longer, friends with them.

- Now that you've got your list of friends, it's time to categorize them into one of three buckets:

- Old friends, maintenance friends, and growth friends.

Focus on finding and cultivating your growth friends. Your goal should be to have at least 10 growth friends.

- Is this a friend you're excited to speak with every week or every month?
- Is this a friend you see being an important part of your exciting future?
- Is this a friend who would drop everything to come support you in crisis?
- Is this a friend you would drop everything for to support in crisis?
- Is this a friend you are excited to have know your family and friends now and in the future?
- Is this a friend who exposes you to new ideas and adventures?
- Is this a friend who is good for your long-term health?
- Is this a friend who makes you laugh a lot?
- Is this a friend who cares about your emotions, well-being, and happiness?
- Is this a friend you can trust, no matter what, with anything?
- Is this a friend who introduces you to other quality people?

Positive answers to all these questions indicates that you have a growth friend.