

# MY EMOTIONAL WELL-BEING IS ESSENTIAL TO MAINTAINING MY SELF-WORTH.

My spirit is alive when I treat it well and cater to its desire for renewal. It contributes to my emotional well-being. ***Maintaining healthy emotions allows me to feel good about myself.***

When others attempt to stomp on me, I stay focused on keeping my emotions in check. Managing how I respond prevents me from making poor decisions that disappoint me.

Being happy is a lifetime journey. ***I seek out experiences that bring me inner joy.*** I love the person I am when I am happy.

Keeping myself educated reminds me that I am poised for greatness.

When I complete a course of study, I feel fulfilled and proud. I use those feelings to reassure myself that I am worthy of professional blessings. Accomplishments give me confidence to target exciting job opportunities.

***My mirror is my best friend. It speaks back to me with words of affirmation.*** It shows me that there is someone who believes in me.

Believing in myself is enough for me to drive positivity. I am unperturbed by anyone else's impression of me. The only opinion that matters is my own.

Today, I choose to involve myself in things that bring joy to my life. Having inner peace and fulfillment comes from believing in myself. By focusing on positive living, I am able to exude the energy that gives me endless self-confidence.

## **SELF-REFLECTION QUESTIONS:**

1. What exercises do I undertake when I feel my emotions getting out of control?
2. How helpful is meditation when I am feeling

overwhelmed?

3. How often do I stop and express gratitude for the achievements I experience?