



THE *art of*  
**INTENTIONAL LIVING**  
*Workshop*

**DAY FOUR**

**WORKBOOK**

**Graceful Emotional Intelligence**

**Key learning outcome:**

Your emotions are created by the thoughts you think NOT by anything outside of you.

[www.bankesotomi.com](http://www.bankesotomi.com)

# THOUGHTS > EMOTIONS > ACTION = OUTCOME

Your emotions are created from the thoughts you think. YOUR EMOTIONS ARE NOT DETERMINED BY YOUR EXTERNAL CIRCUMSTANCES.

They are determined by the way you have CHOSEN to think about the things outside of you.

This means you can have control over your thoughts AND you can manage the way you feel

[www.banksotomi.com](http://www.banksotomi.com)

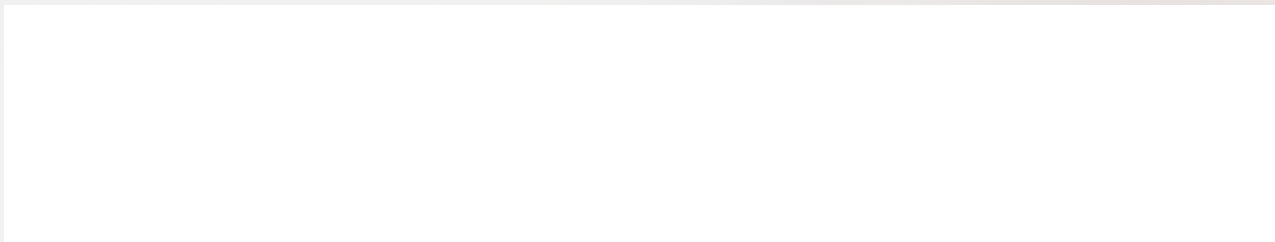
## HOW IT WORKS

- Every thought you think is producing a feeling
- That feeling carries an energetic vibration
- That vibration inspires an action or inaction OR repels or attracts
- When you think a thought long enough it becomes a belief
- When you believe something long enough, you become **CONDITIONED** to the energy that belief carries.



THE *art of*  
**INTENTIONAL LIVING**  
*Workshop*

**RATE YOUR ENERGY LEVEL RIGHT NOW?  
(SCALE OF 1-10)**



**WHAT WOULD YOU LIKE YOUR ENERGY LEVEL TO BE LIKE IN THE  
NEXT 30 DAYS?**

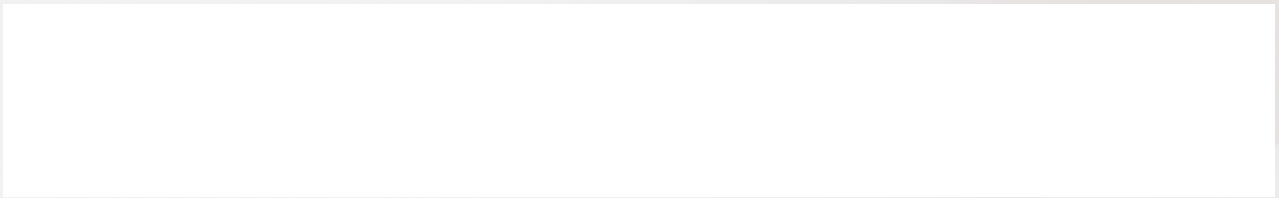


**WHAT WOULD YOU NEED TO LET GO OF AND WHAT WOULD  
YOU NEED TO ADD TO REACH YOUR ENERGY GOAL?**



**STEP ONE: IDENTIFY THE FEELING**

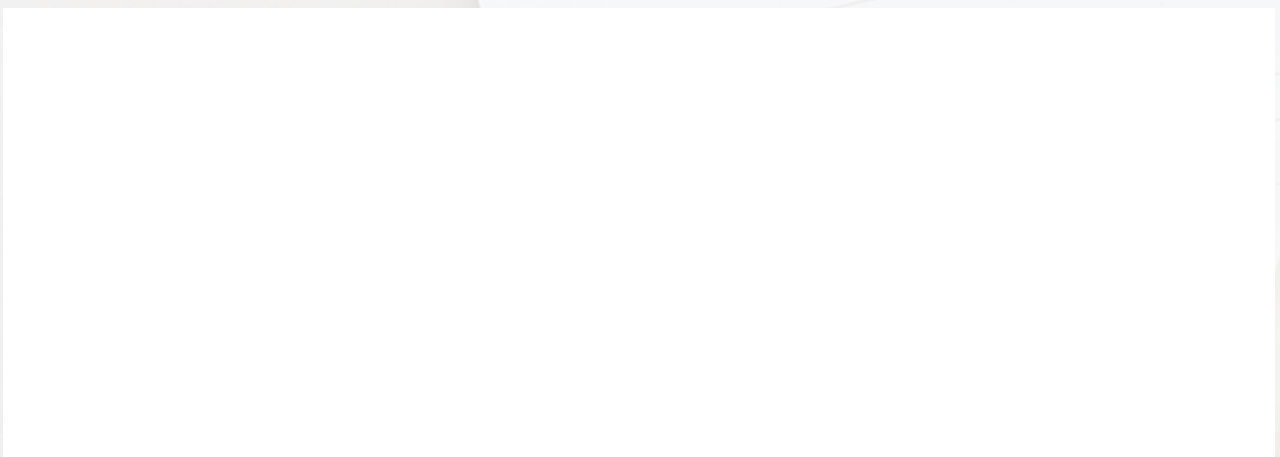
**-Name your emotion (be honest and pick one word)**



**-Where do you feel it in your body?**



**-What does that feeling feel like?(hard/soft, big/small, fast/slow)**



**Just be curious without judgement**

THE *art of*  
**INTENTIONAL LIVING**  
*Workshop*

**STEP TWO: IDENTIFY THE THOUGHT**

Identify the thought causing the feeling



**STEP THREE: IDENTIFY THE ENERGY**

Pay attention to the thought. Is it an energy giving thought or an energy draining one?

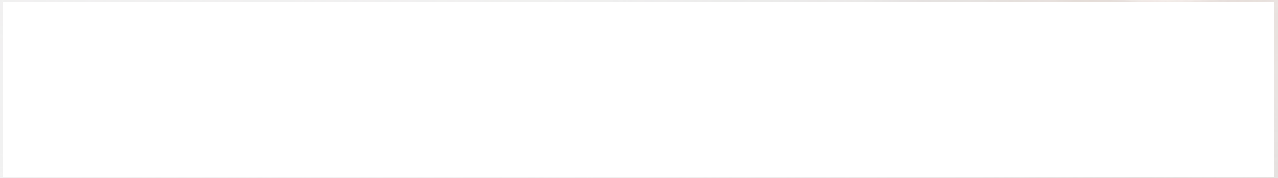
Does it drive you to move forward or does it make you want to give up?

Does it feel good or bad?

Does it make you feel expansive or constricted?



**STEP FOUR: IDENTIFY YOUR DESIRED EMOTION**



**STEP FIVE: PRACTICE ENERGY GIVING THOUGHTS**

