

A top-down view of a desk with a glass of water, white earbuds, a pen, a pencil, and a calendar. The text "THE art of INTENTIONAL LIVING" is overlaid in the center. "THE" and "art of" are in a smaller, black, serif font, while "INTENTIONAL LIVING" is in a large, bold, black, serif font. Below this, the word "Workshop" is written in a large, black, cursive font. The background includes a glass of water, white earbuds, a pen, a pencil, and a calendar with sections for "WEEKLY LIFESTYLE" and "MEALS".

THE art of
INTENTIONAL LIVING

Workshop

THE *art of*
INTENTIONAL LIVING
Workshop

DAY FOUR

Graceful Emotional Intelligence

Key learning outcome:

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

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

Graceful Emotions

To become more graceful with your emotion, you must become more aware of the role of ENERGY in your life and become intentional about elevating your energy.

THE ROLE OF ENERGY IN YOUR LIFE

PHYSICAL LEVEL: You are energy (fast moving vibrational particles)

CREATIVE LEVEL: You need energy to accomplish your goals and enjoy life

EMOTIONAL LEVEL: Your feelings are energy vibrating throughout your body

ATTRACTION LEVEL: You attract the energy of who you are.

The quality of your life is determined by the quality of your ENERGY

The quality of your energy is determined by the quality of your thoughts because **YOUR THOUGHTS CREATE YOUR FEELINGS.**
YOUR FEELINGS DRIVE WHAT YOU DO AND DON'T DO.

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.

THINK ON PURPOSE. FEEL WITH INTENT.

Graceful emotional intelligence is about having this awareness and becoming more intentional about how your emotions impact your outcomes and experience.

You always have a choice of emotions to choose from NO MATTER the situation.

Once you CHOOSE to think differently in a way that is elevating, you will elevate your feelings

TYPE YOUR ANSWERS IN THE CHAT BOX

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

TYPE YOUR ANSWERS IN THE CHAT BOX

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

TYPE YOUR ANSWERS IN THE CHAT BOX

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

A GRACEFUL RELATIONSHIP WITH YOUR EMOTIONS

EMOTIONS & INTENTIONALITY

Your current relationship with your emotions are based on your current thoughts and beliefs about yourself.

To gauge the quality of your emotions, look at the energy behind the outcomes in your life.

- How did they come about?
- Did you feel great while producing the outcome?

To embody Graceful Emotional Intelligence you must embody the energy of the future you **NOW**.

TO ELEVATE YOUR LIFE YOU MUST
INTENTIONALLY ELEVATE YOUR
THINKING WHICH WILL ELEVATE
YOUR EMOTIONS

HERE ARE 5 STEPS TO HELP YOU ELEVATE YOUR THOUGHT ENERGY

STEP ONE: IDENTIFY THE FEELING

Get in the daily habit of identifying what you feel.

The key to graceful emotional intelligence is NOT to resist what you are feeling.

Resisting emotions is energetically and physically draining.

- 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

STEP TWO: IDENTIFY THE THOUGHT

How you feel is never the result of what is happening outside of you. It is always about what you are thinking about.

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

You have the ability to produce any emotion you want. Decide the emotion that aligns with your future.

-Which emotion creates more energy?

e.g. Determined, confident, productive, successful etc

STEP FIVE: PRACTICE ENERGY GIVING THOUGHTS

You can choose what thoughts to focus on and practice them.

Focus on thought that make you feel good, gives you an elevated energy.

Don't take yourself so seriously and find humour in your obstacles as best as you can.

The more you think high energy producing thoughts, the more you retrain your brain to practice and look for evidence of those thoughts. (RAS)

WAYS TO PRACTICE GRACEFUL EMOTIONAL INTELLIGENCE

-Celebrate life daily. Big or small wins.

WHEN YOU CELEBRATE LIFE, LIFE CELEBRATES YOU BACK

-Future Self sessions. Give yourself peptalks from your future self

- How does she feel about this challenge?
- How does she think?
- What advice does she offer you?

KNOW HER. TRUST HER. BELIEVE HER.

Q&A TIME