

# Choose Love to Thrive

Daily Action Steps For Conquering Adversity

## CHOOSING LOVE TODAY: IDENTIFY YOUR EMOTIONS



*How are you REALLY feeling? With everything happening in the world right now, many of us are overwhelmed by our emotions. Take the time to identify all the emotions you are experiencing and reflect on the reasons why.*

*Emotional intelligence (EQ) is the ability to understand, use, and manage your own emotions as well as the emotions of others. One aspect of emotional intelligence is having the ability to identify your own emotions (self-awareness).*

*Are you feeling angry, frustrated, happy, or content? Being aware of your own emotions allows you to communicate your feelings with others, remove yourself from bad situations, and enjoy your happy moments. Sometimes even identifying what you feel can bring a sense of comfort during hard situations. You may even feel several emotions at once, so sorting out your feelings may bring you a sense of clarity.*

### Practice Courage Today:



1. EVERYTIME YOU ARE OVERCOME WITH EMOTIONS, TAKE A FEW SECONDS TO IDENTIFY EACH EMOTION YOU ARE FEELING. REMEMBER IT'S OKAY TO FEEL MULTIPLE EMOTIONS AT ONCE.
2. IF THERE IS MORE THAN ONE, IDENTIFY WHICH EMOTIONS ARE PROMINENT AND WHEN EACH EMOTION STARTED. DID ONE EMOTION TRIGGER THE OTHER? DID THEY HAPPEN SIMULTANEOUSLY?
3. AFTER YOU'VE IDENTIFIED EACH EMOTION, REFLECT ON THEM. WHY DID YOU START FEELING SAD, STRESSED, OR EVEN HAPPY?
4. AFTER YOUR REFLECTION, CHOOSE A PERSON TO SHARE YOUR EMOTIONS WITH.



### Parent Practice Tip:

**Build your child's emotional intelligence by asking them how they are feeling each day. Have your child name the emotion they are feeling and explain the reason why.**

### To Learn More:

#### Know Your Emotions

Inside Out: Guessing the Feelings  
Developing Emotional Intelligence

[www.ChooseLoveToThrive.org](http://www.ChooseLoveToThrive.org)