

**How to Unlock the Power of Your Beautiful Authentic Self.  
Module 4 – Lesson 29. My Emotional Well-Being is Essential...  
Additional Resources.**

## **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 fulfilment 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?

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