

WHERE ARE YOUR EMOTIONS AT THE MOMENT


DATE: _____

EXAMPLE

To make good decisions we all need to be in a positive state of mind.

Do a quick brain dump on what you are happy about and what are you sad about now.

How could you make those happy events even better and how can you move the sad events more towards the happy zone?

	NOW	LATER	
HAPPY	<ul style="list-style-type: none"> • Finances are healthy • Loving and kind family and friends • I'm in good health • Family holiday planned for the Summer • Running plan in motion for the marathon 	<ul style="list-style-type: none"> • Build up my shares (values in the business, shares) more, aim for 5-10 million. • Have something more to aim for • Keep close to all and help if needed • Keep at the gym, train for the London Marathon and ensure a more balanced diet • Confirm the dates with partner and book accommodation • Stick to the plan and trust the process 	
SAD	<ul style="list-style-type: none"> • The economy is very flat, seems like there is no positive news • Lost a client to a competitor • Change in team members, need a shake up in the office 	<ul style="list-style-type: none"> • Discuss with the team and start pulling out positive things to talk about • Look at why and address as best as possible – get feedback • Keep a closer eye on specific colleagues, ensure everyone is pulling their weight 	