

# BRAVELY EMOTIONAL AGILITY



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## STEPS OF EMOTIONAL AGILITY

1. SHOWING UP
2. STEPPING OUT
3. WALKING YOUR WHY
4. MOVING ON

### Step 1: Showing Up Useful Coping Strategies

- Noticing your Choice Points  
Write down your thoughts and feelings in uncomfortable situations -> how do you know you're stressed?
- Ready-Check  
Ask yourself before you start a new task/conversation:  
*Is anything stopping me from being here fully?*
- Energy takers  
Be aware of your energy takers (update your list regularly)
- 3 mins Breath (OBA - Observe, Breathe, Allow)  
**Observe** what feelings there are in your body: Where are they most intense, what shape, colour, size are they?  
**Breathe** around the feelings, give them space  
**Allow** the feelings to be there, don't fight or resist

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### Step 2: Showing Up Useful Coping Strategies

- Inner Critic
  1. Write down all your Inner Critic has to say
  2. Read the sentence out loud to yourself (and see how it makes you feel)  
*I am not clever enough.*
  3. Read the sentence out loud again, adding: My Inner Critic says...  
*My Inner Critic says I am not clever enough.*
  4. Envision your best friend telling you this exact sentence. What would you say to them? Say it out loud. Then reword towards yourself.  
To your friend: *'Of course you are clever enough. Have trust in yourself, you can do this!'*  
To yourself: *'Of course I am clever enough. I have trust in myself, I can do this!'*
- 3 mins Breath (OBA - Observe, Breathe, Allow)