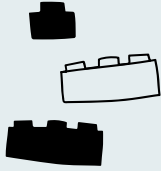


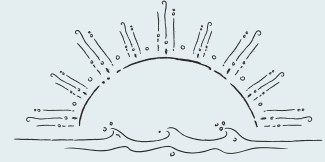
Instant Self-Compassion

Learn how to elevate your emotions in seconds to see opportunities and build your resilience

2 Roles of Positive Emotions



Build our resources



Broaden our horizons

3A3 Tool

AWARENESS of emotional state

1. Number the emotional state 1-10 (10 = joy)
2. Name 1-3 emotions
3. Rate it 1-10 how heavy or light it feels in your body (10 being light)

AGREEMENT of three timeless truths

1. Everybody experiences struggles
2. Our struggles have causes
3. If we understand our causes, we can do something about them.

ACTION to relieve the emotional state

1. Biological actions
2. Psychological actions
3. Spiritual actions

Dr. Satguru

Instant Self-Compassion

Learn how to elevate your emotions in seconds to see opportunities and build your resilience

• Awareness

Number the emotional state (10 = joy)

Name the emotional state

Rank the heaviness of your body (10 = light)

• Agreements

Who else might be feeling like this? (If low) Or who is would want to feel like this? (If feeling good)

What could be the causes and conditions for you feeling this way?

Why are you committed to relieving or maintaining this state?

• Actions

What are the biological actions that will improve or maintain your state?

What are the psychological actions that will improve or maintain your state?

What are the spiritual actions that will improve or maintain your state?

Dr. Satguru