Be Well, Oklahoma

My Feelings While at Work Brainstorm

What parts of your job do you avoid? Reflect on what feelings arise in those experiences.

Commit to a habit/practice to increase your emotional awareness during the day.

What things/times are you likely to ruminate over/during?

My Go-To Fully Engaging Activities:

My Story: Why I Choose This Work

For situations beyond my control....

About those situations/feelings I tend to avoid...

When feeling insecure in my skill-set...

Keeping it Real: Compassion for Self and Others

Call to mind someone you find yourself 'faking nice' with....

I'm feeling....

They may be thinking/feeling....

I can be genuine by....

Work friendships I will foster...

My 5-minute resets...