



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 9 Action Guide: Change in Attitude or Emotion

Exercise I: What are your “tells”?

In high stakes poker, or even a friendly game around the card table at Thanksgiving, knowing the patterns of behavior and the physical responses of your opponent will give you valuable information about what’s in their hand. These are their “tells”.

The same is true in our process of change. By now, we’ve become much more aware of what our “tells” are and this awareness helps us slow down, create options and make a different choice.

Make a comprehensive list of the clues (behaviors, thoughts, sensations, etc.) that “tell” you it’s time to Pause & Pivot:

How do you dismiss your feelings?



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Exercise II: Embodied Gratitude Practice

Think about a moment you feel gratitude or appreciation for. Now, allow these prompts to help you embody the experience of it. I feel gratitude or appreciation for (what was happening, who was there, why did you experience gratitude):

The body sensations I experienced were:

It reminded me of a time when:

When I felt gratitude/appreciation I felt the impulse to do:



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Exercise II: Embodied Gratitude Practice (continued)

Other emotions I felt were: It was meaningful to me because it helped me see this truth about my life:

Another way to practice gratitude is to answer these sentence stems when you notice you are feeling vulnerable.

I'm feeling vulnerable about _____ and I'm so grateful for

When you have the chance, share your gratitude story with someone face-to-face.