

# How to **START NOTICING YOUR TINY LITTLE FEELINGS** in five minutes per day

This exercise takes as little as 3-5 minutes per day. It can help the most feelings-challenged person start to notice and name their emotions. In the process, you'll start to uncover how you're really doing. You'll also start to understand why your life runs the way it does.

Let's get started:

- **Find a time and place** where you won't be too distracted. If you can, make it a place you enjoy and perhaps start the time with a hot drink or some other pleasant ritual. There's no law against enjoying a practice.
- **Review the last 24 hours.** Imagine watching it like a movie on fast forward. Notice the people, places and events as they fly by.
- **Pick one moment you enjoyed.** Slow the "movie" down and experience it again for one minute. Notice any particular sights, sounds, smells, sensations, and tastes. See the other people in the scene. Grab your *Feeling Word Cheat Sheet* and find the feeling word that best describes how you felt in that moment. Write the feeling word down.
- **Pick a challenging moment.** Again, slow the "movie" down and experience it again for one minute. Notice any particular sights, sounds, smells, sensations, and tastes. See the other people in the scene. Grab your *Feeling Word Cheat Sheet* and find the feeling word that best describes how you felt in that moment. Write the feeling word down.

That's it! You're on your way to being a Feelings Expert. More importantly, you're on your way to decoding the software that runs your life.

CUT HERE 

## FEELING WORD CHEAT SHEET

SAD	MAD	SCARED	ASHAMED	HAPPY
Disappointed	Bothered	Uneasy	Uncomfortable	At ease
Unhappy	Annoyed	Apprehensive	Awkward	Relaxed
Hurt	Perturbed	Cautious	Clumsy	Comfortable
Melancholy	Upset	Startled	Sorry	Content
Discouraged	Fed-up	Insecure	Embarrassed	Peaceful
Lonely	Mad	Nervous	Guilty	Pleased
Heartbroken	Resentful	Anxious	Belittled	Fulfilled
Miserable	Antagonistic	Intimidated	Abashed	Secure
Crushed	Ticked-off	Overwhelmed	Foolish	Glad
Empty	Outraged	Afraid	Humiliated	Delighted
Dejected	Furious	Powerless	Exposed	Joyous
Devastated	Vindictive	Shocked	Broken	Encouraged
Tormented	Enraged	Threatened	Mortified	Cheerful
Depressed	Hateful	Terrified	Ruined	Overjoyed
Numb	Violent	Panic-stricken	Disgraced	Ecstatic