Absorb
Reflect
Commit

Episode 15 Action Items

Episode Summary

Unlock the transformative power of emotional regulation and clarity to achieve unparalleled success. Discover the profound impact of emotional health, not only in empowering others but also in creating lasting, meaningful contributions. Explore strategies to enhance self-awareness, self-regulation, and self-motivation, helping you master your emotions and find a new freedom.

Action Items

1. Clarify your needs, wants, and feelings.

Are you aware of what you need? What you want?

How do you feel?

2. Communicate.

Vulnerability in business is your superpower. Share your needs, wants, and feelings with your team.

3. Help others gain clarity.

What does your team need? What does your team want? How do they feel? Give them the opportunity to be seen and heard and their respect for you will grow.

Recommended Reading

- **Positivity by Barbara Fredrickson**

For more inspiration, instruction, or information, visit https://grace4success.com/