

## Feel Awesome List

Life can be so amazing and wonderful as well as so overwhelming and challenging.

Here's a question for you: "What do you do when you need to feel more awesome?"

That may not be a question that you've considered, especially when you're feeling less than awesome. Often when I'm feeling less than awesome, I find myself wallowing in self-doubt, self-pity, and even self-loathing for far longer than is necessary. That is not necessary at all!

So instead of doing that I have created a **FEEL AWESOME LIST**. This is a list of things I know boost my mood and get me out of that funky negative energy that can creep into my life.

Here are a few of the ideas that I use. Please use any that will help you and then brainstorm some of the things that personally help you feel awesome and create your own list!

- Dance party! Turn on your favorite music and just dance.
- Acknowledge the feeling, write it down and explore why I'm feeling that way.
- Take a relaxing bath
- Go for a hike or a nice walk in nature
- Listen to an uplifting podcast, book on tape or talk
- Think of three things you're doing a good job at and say them out loud
- Create meaningful connection someone
- Prayer or Meditation
- Get sweaty! Move your body and let the negative out in your sweat.
- Create positive thoughts by reciting affirmations or a mantra
- Laugh! Search Dry Bar Comedy on YouTube for some fun, clean humor.
- Journal gratitude- What we focus on grows
- Remind myself that I have everything inside of me I need to succeed
- Stop identify where the feelings are coming from examine my thoughts about them.
- Feel the feelings
- Remember who I am, who I was, and who I want to be
- Get coached- work with someone who can effectively help me work through it.
- Do something I am good at
- Create something
- Talk with a friend
- Reflect on encouraging words from friends- I have a collection of thank you notes/texts/emails that people have sent to me. I read those to remind myself that I offer meaning to life and am making a difference in the world.
- Send a Note to someone- Ask myself who can I reach out to and let them know I'm thinking of them?