

## Practice of the week: Self-Inquiry - what move with a boundary would support me now?

**What**

- **Daily Weather Report + Self-Inquiry** - What is happening in my emotions right now? What do I need? And what move with a boundary would support me now — is there a boundary could I set with myself or someone else to help get my need met? Is there a boundary I would like to adjust in some way?

**When**

- **Daily, whenever works (for one week).** Consider adding this into your 1-1 Meeting with yourself

**How**

- **Step 1.** Get Present by taking 10 conscious breaths (approximately 1 minute)
- **Step 2.** Ask yourself - What is happening in my emotions right now? You can refer to the 5 key tenants of emotional ownership: tune in, stay, name it, choose, and take action.
- **Step 3.** Ask yourself - What is the underlying need I have right now that may be underneath this emotion?
- **Step 4.** Ask yourself - is there a boundary I need to set for myself or someone else in order to get my need met? Is there a boundary I would like to adjust in some way?
- **Step 5.** If it feels accessible - set the new boundary or adjust an existing one at the next appropriate opportunity.
- **Use the three C's:** **Courage** to try it in the first place; **Curiosity** to learn about the nature of our thoughts and emotions; **Compassion** to be kind to ourselves no matter what we discover.

**Duration**

- **5 minutes**

**Keys to Owning Emotions****Tune in.**

Get present. By bringing our attention to the emotion, we acknowledge it and give it the space it needs.

**Stay.**

Trust ourselves to stay with our physical sensations that may be arising with the emotion. Conscious breathing, feeling the weight of our body and our feet can all be supportive.

**Name it.**

Name the emotion we are having: Fear, Anger, Sadness, Shame, Joy

**The choice.**

We begin to see that we have a choice with what to do with our emotions.

**Take Action.**

Take the action that is most aligned with how you want to show up.

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***innerforce:** our deepest, most authentic self and the source of our vitality.*

*The most important connection we have is the one we cultivate with ourselves. Take time to connect with yourself every day.*

