

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.

***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.

