

5 EMOTIONAL FITNESS SKILLS

of Awesome Humans

ACCEPTANCE

Acknowledging your feelings and the situation with clarity instead of judgment and using that as your starting point for moving forward.

GRATITUDE

Making an active choice to notice the small, positive moments in everyday life – even when times are challenging – and to share your appreciation for other people with them.

SELF-CARE

Fueling your emotional, mental, and physical energy.

INTENTIONAL KINDNESS

Being intentionally kind towards others without expecting anything in return.

BIGGER WHY

Regularly connecting to your sense of purpose by looking at your daily tasks, projects, responsibilities through the lens of how they help others, contribute to something bigger than yourself, or help you reach a meaningful long-term goal.



Strengthen your emotional fitness skills so you can struggle less, thrive more and embrace your Awesome Human!