

# the ultimate power is deciding what you want to feel

energized: 30 minute workout, brisk walk, house music

relaxed: get a massage, warm shower, read a book, jazz

connected: call/meet friends, hug/kiss loved ones, share a meal

motivated: review goals, measure progress, read/listen to inspiring stories

focused: clean desk, single-task timer, noise cancellation, delete distractions, notifications off, do-not-disturb on

confident: wear a sharp outfit, speak slower, learn a new skill

clear-minded: brain-dump on paper, long walk, delete social media

brave: initiate a hard conversation, say what needs to be said, do what needs to be done, act despite fear, do the avoided task

creative: read great ideas and remix them, reverse the question, change the environment, break down the problem, add/remove constraints

disciplined: make your bed, clean your desk, shave, complete a tiny task, track your streak

joyful: stand-up comedy, favorite sitcom, games with friends

present: phone away, turn off both visual and vocal inputs, focus on your breath

powerful: lift weights, finish something difficult, listen to and praise others, take a long pause and think before you react to a situation/statement, stay cheerful & constructive, guard your time, let go of what is outside your control, smile

grateful: list wins, remember past struggles you overcame, imagine your life if you lived before we invented agriculture, toilet paper, dentistry, medical glasses, antibiotic, printing press, cities, cars, trains, airplanes, electricity, lamp, washing machine, refrigerator, telephone, camera, music player, computer, internet, smartphone, youtube...