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# 10 EMOTIONS TO A MORE PEACEFUL AND PRODUCTIVE YOU!

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**LEADERSHIP NEVER TAKES A  
BREAK!**



When you become more self-aware and intentional about cultivating these ten emotions daily, your actions will align to support you in attaining the results you desire.

# DAILY PRACTICE:

## 10 EMPOWERING EMOTIONS



As a leader in business and life, monitoring your emotional estate is crucial to enhancing your well-being—and it increases your emotional intelligence, which helps you become more productive while contributing to a more engaging, respectful, and harmonious workplace. To lead powerfully, intelligently, and with integrity, build strong relationships—don't transact, connect. Set yourself up for success by showing up to your roles in your best self. How can we accomplish all of this? Put yourself in the emotional state where the behavior you want is automatic. Use this tool as part of your daily connection practice and incorporate these emotions into your regular code of conduct. When you become more self-aware and intentional about cultivating these ten emotions daily, your actions will align to support you in attaining the results you desire. (I adapted this list of ten emotions from Tony Robbins, one of my mentors).

1. Love & Warmth	→	Cultivate feeling loving and warm toward family members, your team, colleagues, clients, and others in your business and personal life.
2. Appreciation & Gratitude	→	Be present to relish what is going well right now. Demonstrate a deep sense of caring and express how you value and appreciate those in your professional and business circles.
3. Curiosity	→	Approach your roles, changes, and the challenges you face with curiosity. Be open to explore the possibilities, alternative perspectives, and potential solutions.
4. Excitement & Passion	→	Bring excitement and passion to your roles, your work, and interactions. They add to life's enjoyment. "Man is only truly great when he acts from his passions." Benjamin Disraeli.
5. Determination	→	Set your goals and commit to daily actions to help you achieve them. When you do, you'll get creative and resourceful about "how" to make it happen and who can help you.
6. Flexibility	→	Be flexible in your perception, communication, and behaviors. Seek and be receptive to feedback to pivot as required, given the circumstances.
7. Confidence	→	Try new things. Act from a place of confidence in what you do. Ask yourself, "How would I look like doing this, confidently?" Exercise faith and trust in yourself and others. Use the fear as a warning signal—choose confidence over fear.
8. Cheerfulness	→	When you are happy, tell your face about it and create a cheerful environment. Projecting when you feel joyful lightens your mood and enhances the situation for everyone.
9. Health & Vitality	→	Practice regularly what makes you feel energized and vibrant physically, emotionally, and spiritually. Self-care--eat nutritious foods, move your body if you can, sleep, rest, meditate or create a daily connection practice with yourself.
10. Contribution	→	Acknowledge your contributions to others and the impact you're making at work and personally. When your intention is "contribution," you focus on the value you're adding and take the focus off you, allowing you to become more authentic in your interactions and relationships.

From where you stand today, are you where you want to be 12 months from now? If you answered "No," we should talk.

World-class athletes, high-profile celebrities, and exceptional leaders all have one thing in common: they did not achieve their goals alone, and neither should you. Standing out and staying competitive in the marketplace requires innovation, a solid strategy, and the confidence to pivot quickly when challenges come up. Ready to be an exceptional leader? **book your complimentary Acceleration Strategy session today.**

With love and appreciation,

A handwritten signature in blue ink that reads "Ginny".

Dr. Ginny A. Baro, CEO, Founder  
Certified International Speaker & Leadership Coach | #1 Bestselling Author of Fearless Women at Work | Career Strategist  
info@xecutivebound.com