

CASIGY™ Toolbox: Daily Dynamite!™ (TNT=Tune-iN Tool)

Days	What's happening?	What/how am I feeling? (Body sensations and/or emotions)	How BIG are the WAVES? What Color Flag flies on my INNER BEACH?
1	1 2 3	1 2 3	
2	1 2 3	1 2 3	
3	1 2 3	1 2 3	
4	1 2 3	1 2 3	
5	1 2 3	1 2 3	
6	1 2 3	1 2 3	
7	1 2 3	1 2 3	

Building Personal Power starts with self-awareness, which is an important coping tool, especially for CASIGYs™ (Creative, Aware, Sensitive, Intense, Gifted You-s). One way to expand your self-awareness is to *tune in* to what is happening inside of you and to identify when it's connected to what is happening around you. Becoming 'strong on the inside' starts with small skill-building tasks, like sit-ups or push-ups with physical exercise, or practicing scales in music. As you use it consistently, this Daily TNT™ can help you *strengthen and expand your inner strength & build Emotional Resilience.*

I recommend developing a habit of taking five to ten minutes daily to reflect on the last 24 hours. Ask yourself, 'What's been happening?' and "How am I feeling?" and write down the two or three most noticeable things that occur to you. The next step is to identify how big the waves of emotion inside you are. Writing this down allows you to make it concrete and tangible. It becomes more real, which can be intimidating ☹ but is *in the end*, both empowering & freeing. 😊 Writing this down has many additional benefits, such as helping you release what you don't want (See "Catch-N-Release" in my CASIGY Toolbox) as well as giving you more inner access for identifying patterns and making positive changes; 😊 😊 😊

Questions? Comments? Email me: Sharon@TherapistForSensitiveAndGifted.com Phone me: (USA) 303-987-0346

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