

# MASTER OF MY EMOTIONS

## (IN TRAINING)

1. When I feel **WORRIED** \_\_\_\_\_ brings out the calm already inside of me.
2. When I feel **MAD** \_\_\_\_\_ brings out the gentle already inside of me.
3. When I feel **sad** \_\_\_\_\_ brings out the happy already inside of me.
4. When I feel **SCARED** \_\_\_\_\_ brings out the brave already inside of me.

I already have everything I need  
inside of me to be **strong** and **happy**!

Tackle big emotions with *You Are Your Strong*, a new book by Danielle Dufayet.

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