

How to Master Your Emotions

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Emotions determine the quality of your life and emotions are contagious. Your ability to motivate and inspire the people around you will be enhanced by mastering your emotions.

Develop a positive emotions mindset by applying the following 7 key strategies:

- 1 CHOOSE POSITIVE EMOTIONS EVERY DAY**
Love, happiness, optimism, determination, confidence, gratitude, curiosity, passion, health, resilience.
- 2 EMBRACE NEGATIVE EMOTIONS**
Anger, frustration, disappointment, fear, hurt, sadness, guilt, overwhelm, loneliness, inadequacy. Every emotion serves you if you take action.
- 3 OWN YOUR EMOTIONS**
You create your own emotions based on your interpretations. Choose commitment over hope.
- 4 LEARN FROM EMOTIONS AND MOVE ON**
Don't avoid and endure emotions.
- 5 MASTER EMOTIONS BY MOVING**
Moving your body daily will help to increase positive emotions.
- 6 PRACTICE EVERY DAY TO DEVELOP A NEW SUCCESS HABIT**
A simple habit could be to write in your journal daily.
- 7 DEVELOP YOUR TOP 10 LIST OF WHAT MAKES YOU FEEL GOOD**
Some examples could be, going for a walk or going to your favourite restaurant.

Enhance your emotional intelligence by focusing on five key areas: mood, adaptability, stress management, interpersonal relationships, and self-awareness.