

CSGY Toolbox Tool 1-A: DAILY TUNE-IN TOOL

DAY	What's happening?	What/how am I feeling?
1	1	1
	2	2
	3	3
2	1	1
	2	2
	3	3
3	1	1
	2	2
	3	3
4	1	1
	2	2
	3	3
5	1	1
	2	2
	3	3
6	1	1
	2	2
	3	3
7	1	1
	2	2
	3	3

Becoming “strong on the inside” starts with small skill-building tasks. Building CSGY* Personal Power starts with identifying our body sensations and emotions and connecting these with what is happening in our lives. When you develop a habit of taking 5-10 minutes daily to reflect on the last 24 hours, this strengthens the psyche as sit-ups and push-ups do for the body and scales or chords do in music.

Ask yourself: “What’s been happening?” and “How am I feeling?” You can start with whichever question occurs to you first. Writing this allows you to make it concrete and tangible. This makes it more accessible to work with, and is the foundation skill to developing your own personal power. For more CSGY* Tips, Tools, & Tales of Transformation, go to www.AcademyofCreativeLiving.com

*CSGY=Creative, (Highly) Sensitive, Gifted People