
Q. How are your emotions? Is your tendency to be too emotional or to squelch your emotions? In the past, in what ways have your emotions propelled you to do something valuable? In the past, what ways have your emotions gotten the best of you and caused you to do or say something you later wished you hadn't? _____

ACTION POINTS:

1. Take some time away by yourself this week to take stock of how healthy you are emotionally. Be very honest with yourself as you evaluate your strengths and weaknesses in the following areas: mind (intellectual), will and emotions. On a scale of 1 to 3 (3 being highest and 1 being lowest), rate your mind, will and emotions. Then note specific steps you can take to improve those areas.
2. Most people have a book they intend to buy, but just haven't yet. If that is you, go to the bookstore in the next couple of days and get it—then read it! If you don't have time, hit an online bookstore (try [The Road Less Traveled](#)) If you don't have a book in mind, go to the bookstore, grab a cup of coffee and hit the stacks to find a book that will stretch you in the coming weeks. If another book isn't in the plan right now, take a class or go to a seminar. Register soon!
3. What is an action you have been putting off? Is it merely an act of the will that is needed? What decision have you been neglecting to make? This week, exercise your will by taking that action or making that decision. If you can, make three or four specific acts of the will that will strengthen it for future decisions of major importance.
4. As you take time to look at your emotions, specifically answer the question of whether you are too emotional or not emotional enough. The best place for us to be is in balance with our emotions. Perhaps it may even be beneficial to visit with a counselor if you have significant issues that have caused you to be out of balance emotionally. Some people consider going to a counselor a stigma, but in the same way we would go to a doctor for a physical, sometimes it is good to go to a mental health professional for an "emotional." If you have found that you are a little out of balance one way or the other and your emotional life may be holding you back from the achievement you desire, now is a good time for an emotional tune-up!