

W

Walk towards your fear.

This might be a hard conversation, a hug or hello to someone that you are trying to forgive, or choosing to attend a party because you care about the person giving it.

O

Observe.

What is my motive? Why did I just say or do what I said or did?

R

Remember:

You can control 3 things and 3 things only. Your own thoughts, feelings, and behavior. You are trying to appease your ego and disconnecting from yourself and others when you try to control anything/anyone else.

K

Kindly acknowledge. . .

Strengths and weaknesses in yourself and others. You and they are human. You get to make mistakes.

EMOTIONAL WORK IS JUST THAT—WORK!
IT REQUIRES HEART, MIND, AND BODY.