

EMOTIONAL AGILITY.

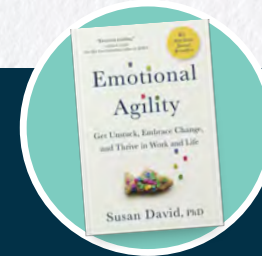
Because our thoughts, emotions, and actions drive everything:
every aspect of how we **LOVE, LIVE, PARENT,** and **LEAD.**



TED TALK: THE GIFT
AND POWER OF
EMOTIONAL
COURAGE



TED INTERVIEW
SERIES ALONG WITH
BILL GATES, RAY
DALIO & OTHERS



EMOTIONAL
AGILITY BOOK
AND QUIZ



CHECKING IN
PODCAST



FACEBOOK



TWITTER



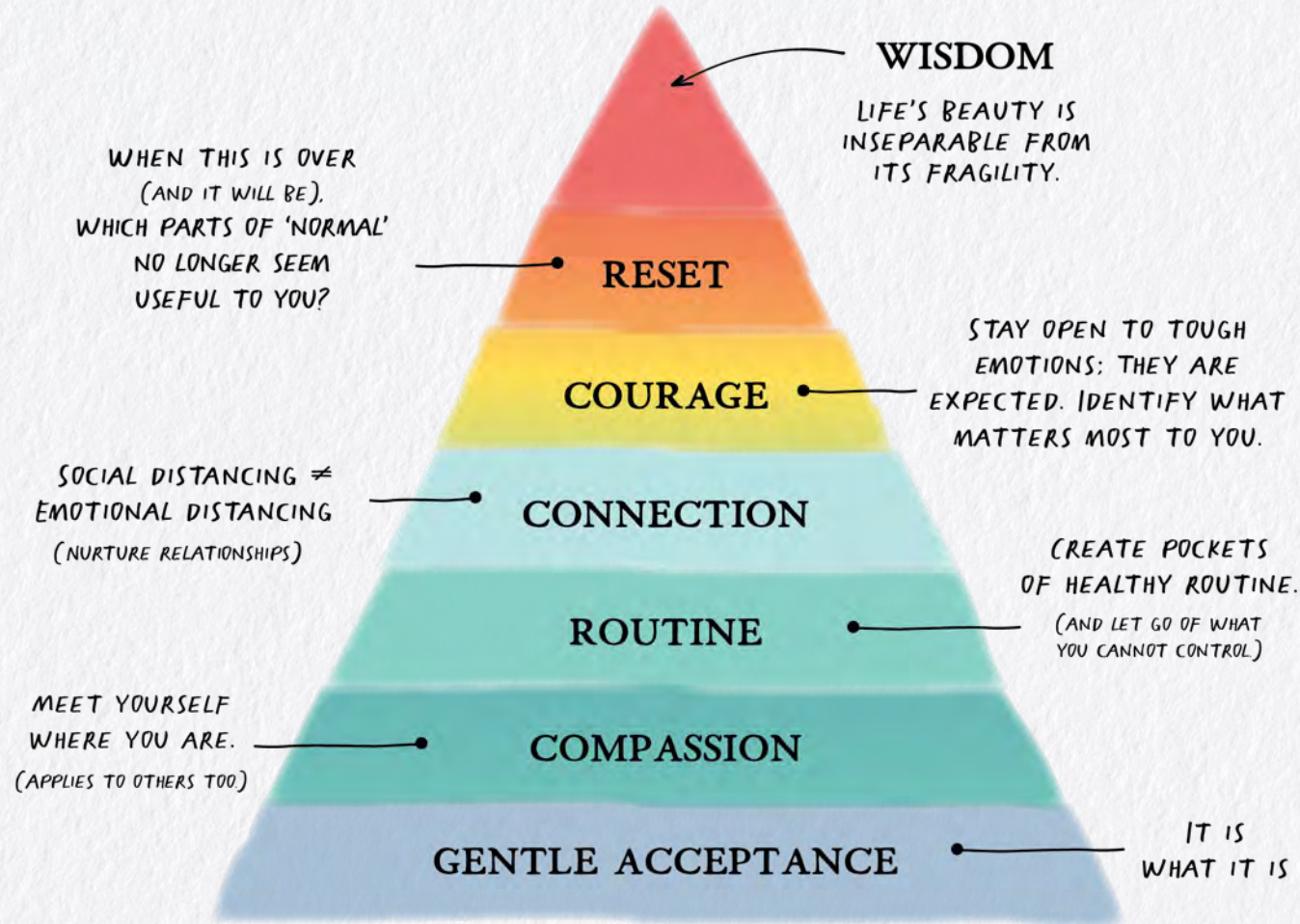
LINKEDIN



INSTAGRAM

SUSAN DAVID

EMOTIONAL PYRAMID OF NEEDS



We may not be able to go outside, but we can go inside.

HOW TO GET UNSTUCK

7. **Make the next right move.**

5. **Call it out.**
ANYTIME YOU GET HOOKED,
IDENTIFY THAT EMOTION
FOR WHAT IT IS: AN
EMOTION, NOT A FACT.

3. **Laugh.**
IMAGINE FOR A MOMENT
THAT YOU'RE IN A COMEDY,
NOT A TRAGEDY.

1. **See yourself as being part of a process**
(AND ON A PATH OF CONTINUOUS GROWTH.)

6. **Talk to yourself in the third person.**
"WHAT SHOULD SUSAN DO RIGHT NOW?"

4. **Change your point of view.**

2. **Embrace and accept contradictions.**

YOU OWN YOUR EMOTION.
(IT DOESN'T OWN YOU.)

EVEN IN THE MIDST OF THIS CHALLENGE,

who do I
choose to be?

EMOTIONAL AGILITY

SUSAN DAVID