



Life Coaching  
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## Calibrating Your Inner GPS

Think of your emotions and feelings like the GPS in your car. You don't, for the most part, dismiss what your GPS tells you. Right? OK...so it's time to pay attention to your inner GPS.

Calibrating your inner GPS simply means allowing and processing your feelings. First, you have to connect with your feelings. You can do this exercise anytime, and I recommend doing it at least a couple times a day to start. Consider keeping a notebook or journal which will allow you to reflect back and begin to see patterns that may or may not be helpful.

Notice...

1. What are you feeling right now
2. Where is this feeling in your body
3. Describe it? Color? Heavy/light? Hard/soft? Fast/slow?
4. How does this feeling make you want to react?
5. Why do you think you feel this way?

You are meant to feel all your emotions – notice when you want to push a feeling aside and see if you can allow yourself to sit with it. It only takes 90 seconds – you can do this!

