

ODE TO POWERFUL EMOTIONS

Dear Powerful Emotions,

I recognize you are necessary at times.
You keep me from being prideful and arrogant.
You keep me from depending on myself and realizing,
I am not in control.

In contrast, you can be paralyzing and debilitating.
You keep people from reaching their full potential,
attempting new things, choosing love, and so much more.

- ✓ You have a place but are sometimes misplaced.
- ✓ You have a role but are sometimes overvalued.
- ✓ You have a purpose but are sometimes taken to far.

- ✓ I identify the role and purpose you play in my life.
- ✓ I am not allowing you to paralyze or debilitate me as I strive,
as I reach my goals and as I fulfill my purpose.
- ✓ I have no reason to be afraid.

Today, I am emotionally decluttering and I am free.

Now, take a moment and create your personal "Ode to Powerful Emotions". It should address your feelings and the emotions that have paralyzed or debilitated you.