SEVEN DAY PRACTICE

Emotional Fitness Workbook
Hello you,

how are you doing?

At Coa we believe that proactive, emotional fitness training for mental health should be as common and accessible as hitting the gym, going for a run, or doing a pushup.

Emotional fitness helps with imposter syndrome, stress, and burnout, and helps people build stronger, deeper, and healthier relationships.

By getting a clear picture of why we are experiencing challenges like conflict, poor confidence, or unmanageable stress, we can begin to make changes that will stick.

My research identified seven traits of emotional fitness that help you become the best version of yourself and Coa has developed therapist-led training in each of these traits.

In this workbook, you'll find an overview of the seven traits and one emotional pushup for each -- giving you a taste of what it feels like to flex those emotional fitness muscles.

Let us know how they go and I hope to see you in class soon!

Dr. Emily Anhalt
Co-Founder and CCO

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The Seven Traits
OF EMOTIONAL FITNESS

1. **SELF-AWARENESS**
The skill of understanding your triggers, biases, and how others perceive you.

2. **EMPATHY**
The ability to understand and attend to the emotional needs of others.

3. **MINDFULNESS**
The practice of increasing your ability to tolerate discomfort, so you can make the best possible choices.

4. **CURIOSITY**
The ability to pursue growth over defensiveness; essential for receiving and delivering feedback.

5. **PLAY**
The practice of facilitating creativity and spontaneity, and fostering team cohesion.

6. **RESILIENCE**
The ability to bounce forward from setbacks.

7. **COMMUNICATION**
The ability to put words to needs & expectations while balancing flexibility with boundaries.

Let's train our emotional fitness just as we train our physical fitness.

~ Dr. Emily Amlatt

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# 7 Emotional Push-ups for Mental Wellness

## Self-Awareness
Open your phone and look at the past 3 people you have texted. Choose 1 person to send them the following Q: “What's a strength I have that maybe I don't know about?”

- [ ] Complete

## Empathy
Give a detailed piece of positive feedback to someone you work closely with, sharing: 1) what they did well 2) how it made you feel, and 3) what effect it had on the team/company.

- [ ] Complete

## Mindfulness
Spend 10 minutes writing down all of the things you’re feeling uncertain and anxious about at work. Once 10 minutes is up, shred the sht out of that paper.

- [ ] Complete

## Curiosity
Review a recent conversation or negotiation you have had (e.g. by email) and think of 3 questions you could ask next time to dive deeper.

- [ ] Complete

## Play
Text a loved one the following question, “If you could have a lifetime supply of any item, what would it be?”

- [ ] Complete

## Resilience
Celebrate a small win with a friend. Snap a photo and send it to them, captioning how and why you’re celebrating, and inviting them to celebrate too.

- [ ] Complete

## Communication
Create a “remoji” with someone on your team - an emoji that describes an emotion that’s hard to put into words. E.g. “feeling sensitive”, “I’m heads down”, or “I’m overwhelmed.”

- [ ] Complete

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The best version of you

Choose from three separate 8-week series', all led by licensed therapists and grounded in a supportive community.

**EMOTIONAL FITNESS FOR MENTAL WELLNESS**
- Get to know yourself better
- Grow your confidence
- Build better relationships
- Build a community of likeminded people

**EMOTIONALLY FIT LEADERSHIP**
- Build your confidence and resilience
- Overcome stress and burnout
- Build better relationships with your team

**EMOTIONALLY FIT FEMALE LEADERSHIP**
- Find your voice as a leader
- Build your confidence and overcome imposter syndrome
- Balance assertiveness and vulnerability

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