

# Create the Life You Want

## Do More of What You Love

Your emotions have the biggest effect on your physiology. While chronic stress stimulates the release of hormones that wreak havoc on every system in your body, positive emotions trigger hormones that promote health and renew your energy.

Every day there is only a certain amount of energy to use. Though effected by the amount and quality of sleep we get, our energy reserves are mostly influenced by how we deal with challenges. Knowing that, we need to become more skillful at how we respond to stressful situations. In addition to managing our emotions, participating in things that we truly love can actually *increase* our energy! While most of us are good at getting our work and chores done, we often neglect to do the very things that fulfill us.

Using the space below, brainstorm some activities along with the corresponding uplifting emotions they trigger for you. Later, make time for something you love every day!

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### Activity

Examples:

Ride my bicycle  
Giving to those in need

### Uplifting Emotions

Happy, Free, Pure Joy!  
Love, Gratitude, Compassion

