



ZEST

Your Life

A Taste of Inner Wisdom

Linda Babulic

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Let Your Emotions Guide You

What are Emotions?

The word emotion is often defined as a feeling or state of mind. Jung distinguished between feeling (a function which evaluates) and emotion (a physiological affect). Emotions are like the water in the river. Let’s explore that analogy a little more.

Are your feelings frozen, murky, stuck, angry? Anger is like a dam in the river. Nothing can get past it and everything starts to back up behind it. Over the years, we develop emotional patterns that are triggered by particular situations and prompt a habitual reaction. On the other hand, we can all relate to when our feelings are clear and granting us a calm, gentle flow. Are your feelings: flowing, clear, fluid, rippling, rushing? Yes, we want rippling and rushing, we do not want emotions to be flat and the same. Emotions are always in action, and ever-changing.

Trust and understand your emotions and feelings to guide you, but not to control you. Emotions are energy coming and going from the body—energy in motion. Listen to the information that your feelings provide, and you are rewarded with a gain in ZEST and energy. Feelings help you understand and respond to the world around you with emotional maturity.

Women adapt to change. Our bodies change and transform from being a girl to being a woman to being a ZESTY Woman. Every month for many years our bodies change and flow. We operate on a cycle of change even after the blood flow stops. The physical changes are always accompanied by emotional changes.

Emotional Maturity and its measure are evident in each one of our relationships. When we talk about emotions think about your own emotions, of course, but think about what is around you. Make a note of your emotional attachments: write down the names of 5 or 6 people close to you, your pets, animals, your home, your car, your clothes, your jewelry, your toys, and your environment. You have varying emotional attachments to each of these. Try to get rid of anything that contaminates or decreases your Emotional Maturity.

We are seeking Emotional ZEST at high measure. This includes:

- Creating Emotional Maturity - Gain mastery of your emotional response and state of being from the maturity you have now, not from the level of maturity you had when the emotional wounding occurred.
- Emotionally Discerning Communication - How we work, live and play with others.
- Choosing our words carefully not to trigger someone else's emotional wounds. Listen carefully to the meaning of the person speaking to you, not just the words.
- Emotionally Authentic - How you really feel right now, in the moment. Not off the top of your head but how you feel in your heart.
- Emotionally Grounded - Breathing fully, feeling your body and your connection to the earth.
- Standing strong in your power-filled ZEST stories.

This is Emotional ZEST at high measure.

Please share your emotional, power-filled ZEST stories with me. I would love to hear from you.

SuccZESTfully yours,
Linda

My book *ZEST Your Life - A Taste of Inner Wisdom* is available at Amazon and Chapters.

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