

# CONTROL OF EMOTIONAL STATES



THE COACHING MASTERS

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**PURPOSE OF THE TOOL:** Increase self-awareness and improve emotional control

1. How do you make this assessment?
2. What exactly is an assessment?
3. What are you evaluating right now?
4. What's so big about this problem?
5. What isn't perfect yet?
6. What are you willing to do to make it the way you want it?
7. What are you willing to no longer do to make it the way you want?
8. How can you enjoy the process while doing whatever it takes to make it the way you want it?