

Resources

This section features a variety of online resources to help you. Each topic includes informational websites, books, online assessments, and (when available) links to video, audio, and online exercises. Begin exploring by clicking the links below. The resources for each topic will open in a separate browser window.

[Cited Articles & Books](#)

[Emotions](#)

[Attitudes](#)

[Self-Esteem](#)



Resources

Circle of Health

Emotions, Attitudes and Self-Esteem

Cited References

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- Dr. Richard Davidson, P.I. *Effects of Social Contact on Modulating Responses to Negative Emotionally-Provoking Events*. HealthEmotions Research Institute, University of Wisconsin <http://www.healthemotions.org/research/index.html>
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Resources

Circle of Health Emotions, Attitudes and Self-Esteem Cited References

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- Paddison S. (1992). *The Hidden Power of the Heart*. Boulder Creek, CA: Planetary Publications, 280.
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Resources

Website Links

- Institute of Heart Math
<http://www.heartmath.org/index.html>



Reevaluation and Course Correction

As you set goals and take action, you will be constantly reevaluating. Begin by acknowledging your victories. Then look at your mistakes as a way to learn, considering them without blame or shame. As you consider what to do next, you might find some [guiding questions](#) helpful.

On the next screen, you can review your action steps and set new ones. Periodically, you might also want to go back to the self-assessment ("How Are You Doing") to see if you want to adjust your goals and perhaps redo some parts of the worksheet.



Emotions

Reevaluation

Reevaluation and Course Correction

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- Was the goal or action step too big or unrealistic?
- Was the action step scheduled at the wrong time?
- What did you do instead of your goal or action step? Why?
- Did you forget to do it? What reminders could help?
- Do you want to change your goal or action step?
- How could you do it differently?
- Did you somehow self-sabotage? Why and how?
- Did you allow someone or something to keep you from taking a step forward? How could you prevent this in future?

McLean, R., and Jahnke, R. (2002). The Circle of Life Facilitator Training Manual. (38).



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Halima

I decided I need more help looking at how much fear I have saying no to other people, so I'm going to make an appointment with a therapist.

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Catherine

I keep forgetting to do a body scan every night, so instead I'm going to try to pay attention in the moment, when I'm in an emotionally charged situation - I'll stop, take a deep breath, and pay attention to how I'm feeling in my body and what emotion I'm experiencing.

Emotions

Reevaluation

Reevaluation and Course Correction

Now you need to consider each step and identify the progress you have made. If you like, you can also consider the lessons learned. Then you need to identify a new set of action steps.



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Michael

Instead of reading the entire book and then discussing that with my friend, we're going to take it one chapter at a time.