

A Companion Worksheet from

UNLOCKING AUTHENTICITY



The Emotional Fitness Circuit

Part 3 • North: Nurture your core

A printable, fillable companion to the anchor activity at the end of the North chapter. Use the three-step circuit — notice, regulate, reflect — to build the capacity to respond to your emotions with intention rather than be managed by them.

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■ How to use this worksheet

This worksheet supports the **Anchor Activity** from the North chapter of Part 3 of *Unlocking Authenticity*. The **Emotional Fitness Circuit** is a three-step practice for the moments when feelings rise faster than thoughts. Your emotions are data, not danger.

STEP 1

Use it in the moment

When you feel the first flicker of tension, work through the three steps. The circuit is short enough to run during a hard meeting or before a difficult conversation.

STEP 2

Capture what you notice

After the moment passes, come back to this worksheet. The reflection prompts in Step 3 are where the real learning happens.

STEP 3

Practise daily, not just in crises

The circuit gets faster and more automatic with repetition. Over time, you'll notice more, react less, and recover faster.

There are no right answers here. This is a private reflection — what you write is just for you. You can print this worksheet and complete it by hand, or fill it in digitally.

■ The Emotional Fitness Circuit

Your emotions are data, not danger. This practice helps you build the capacity to notice them, regulate them, and respond with intention before they manage you. The circuit has three steps — the next pages take each one in turn.

EMOTIONAL FITNESS CIRCUIT

Your emotions are data, not danger



A FRAMING TO HOLD

The goal isn't to feel less. It's to give yourself a beat between feeling and acting — long enough to choose how you want to show up. That one beat is where your authenticity lives.

STEP 1

Notice the signal

Catch the first flicker of tension: a tight chest, racing thoughts. Pause and name it: *'This is anxiety.'* or *'This is frustration.'*

"Naming emotions lowers your brain's threat response and gives you back control."

■ Notice for yourself

Think of a recent moment when you felt your emotions rise. Capture it before working through Steps 2 and 3.

What happened? (Describe the moment briefly.)

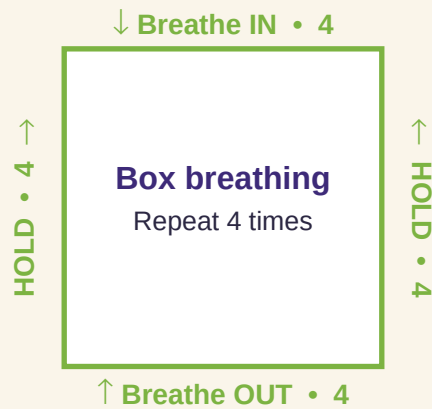
What did you notice in your body? (Tight chest, jaw, breath...)

Name the emotion in one short sentence: *This is* ____.

STEP 2

Regulate, don't react

Breathwork is the quickest, most immediate way to regulate our nervous system. There are different techniques — my go-to is **box breathing**.



Then ask yourself:

"What value do I want to lead from right now?"

"What version of me do I want to show up as?"

"Choosing alignment over impulse is the essence of emotional fitness."

STEP 3

Reflect and reframe

Later, when the moment has passed, come back and reflect. This is where awareness becomes growth.

What emotion was really underneath that?

What story did I tell myself in that moment?

How could I respond differently next time?

WRITE ONE SHORT LINE

Next time I feel _____, I'll choose _____.

That one sentence is how awareness becomes growth.

■ Weekly practice log

Practise the circuit daily — not just in crises but also in small moments. Use this log to track what you notice across a week. Over time, you'll notice more, react less, and recover faster.

DAY	WHAT I NOTICED / NAMED	WHAT I CHOSE INSTEAD
Mon EXAMPLE	<i>I felt anger when my idea got dismissed in the meeting</i>	<i>I named it, breathed, and asked a question instead of snapping back</i>
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

WHAT IT MEANS TO NURTURE YOUR CORE

Over time, you'll notice more, react less, and recover faster. That's what it means to nurture your core — a steady inner anchor you can return to, again and again.



**Thank you for unlocking
this part of yourself.**

If this exercise was useful, you'll find more like it in **Unlocking Authenticity: Why we hide who we are at work — and how to redefine culture from the inside out.**



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Find more resources at wallfloweracademy.co.uk/ua-resources

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