



Disruption or **distraction** – be aware of the emotional forces that are causing disruption to your plans, what is distracting you now?

Your next step:

Deal with your emotional reactions before they disrupt your progress and/or plans. It is important to handle your emotions constructively. Emotions have a way of expressing one way or another, so it is best that you use your judgement to decide how and when to deal with them before your intelligence is compromised. To do this you need to be Aware of your current emotional tone and emotional attachments to what is, in your opinion and/or experience, a good or a bad thing ... AND any habits you may have adopted to avoid acknowledging your emotions.

Justifications, excuses, or blaming others, for your failures just won't erase the long term low emotional tone disappointment. Deal with the disruptions now! Ignoring or painting over them with excuses, new age affirmations, prayer, or blame just won't create the change you require right now to progress –

**Embrace and own your emotional distractions now
and deal with them.**

Marianne Thorne
CreativeGoalSetting.com