

Squiggly Careers PodSheets



How to improve your emotional agility

Emotional agility

Being aware of our emotions and then choosing how to respond in a way that helps you.

Emotional rigidity

Being attached to thoughts and responses that hinder rather than help you.

How do your emotions help and hinder you at work today?

Things that affect emotional agility

Stories

Reflect on the stories you tell yourself. Are you naturally curious or critical?

Hooks

Do you blame your actions on your thoughts (*I thought she was busy so I didn't ask*) or let outgrown ideas inform your future?

Defaults

Are you more of a bottler or a brooder?

3 ways to improve your emotional agility

1

Dial up your inner coach

Increase your curiosity by asking yourself open questions. *What triggered me to feel like this? When has this happened before?*

2

Name the feeling

Labelling our feelings can help us to be more objective about our response.

3

Align your response with your values

What's most important to you? Do your thoughts and feelings reflect that?

Coach Yourself Questions

1

Who could you learn from that has a different emotional response than you?

2

What actions could you take to increase your emotional agility?

Recommended resources



[Emotional Agility: Get Unstuck, Embrace Change and Thrive in Work and Life](#)

Susan David



[Assess your emotional agility](#)

Free survey to understand your current levels of agility.



[TED Talk: The gift and power of emotional courage](#)

Insightful TED Talk from Susan David



[Managing emotions at work](#)

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Amazing if