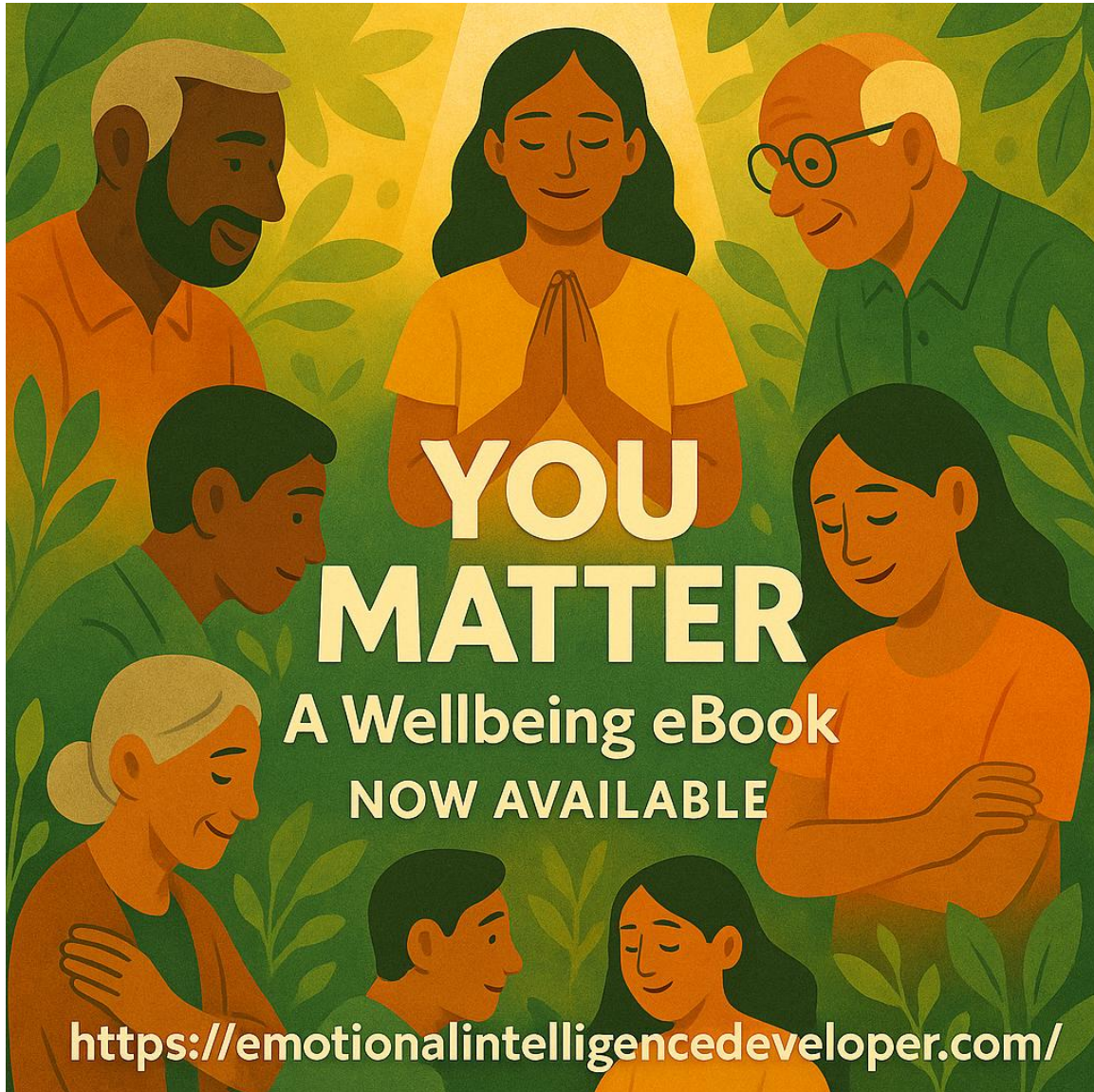


<https://emotionalintelligencedeveloper.com/>

[You Matter: A Wellbeing eBook](#)



1. How to Be Happy?



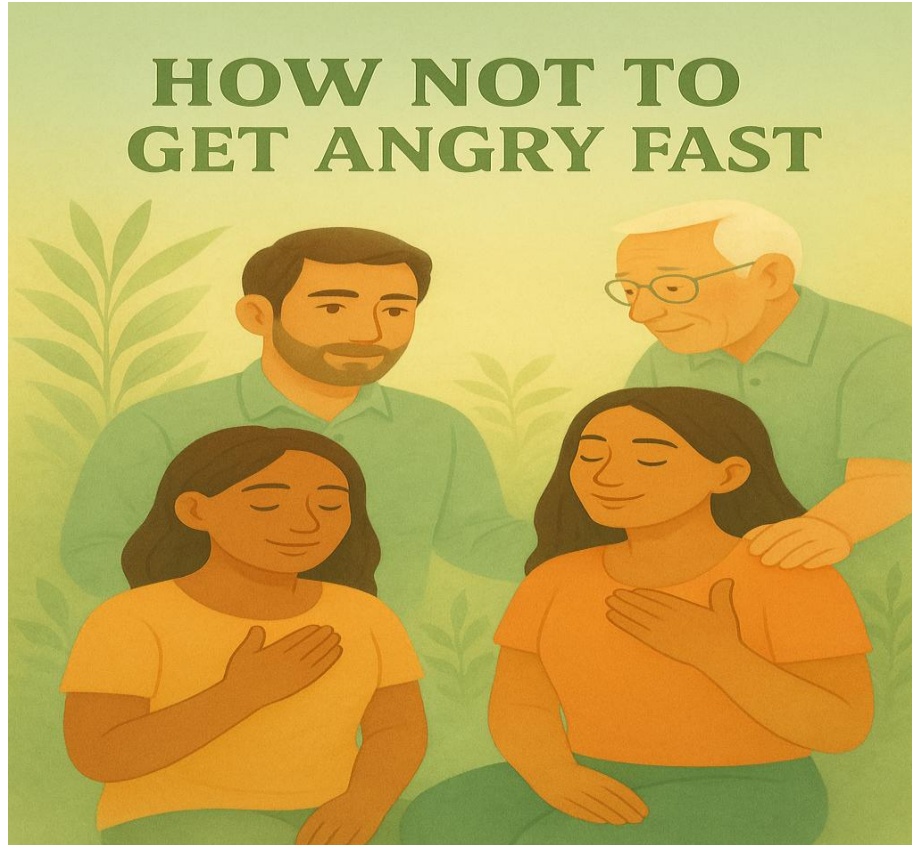
Exercise: The Joy Spot Check-In

Each morning, ask yourself: What is one thing I'm looking forward to today?

Steps:

1. Write it down.
2. Visualize it for 30 seconds.
3. Smile – even if just slightly – **and let your body feel into that moment of anticipation.**

2. How Not to Get Angry Fast?



Exercise: 3-Breath Reset

Before reacting, pause and take 3 deep breaths.

With each breath, say:

- Inhale: I notice my feelings
- Exhale: I choose how to respond

Anger often wants to rush us into reaction. **This practice creates space to choose peace.**

3. Why It's Important to Love Yourself



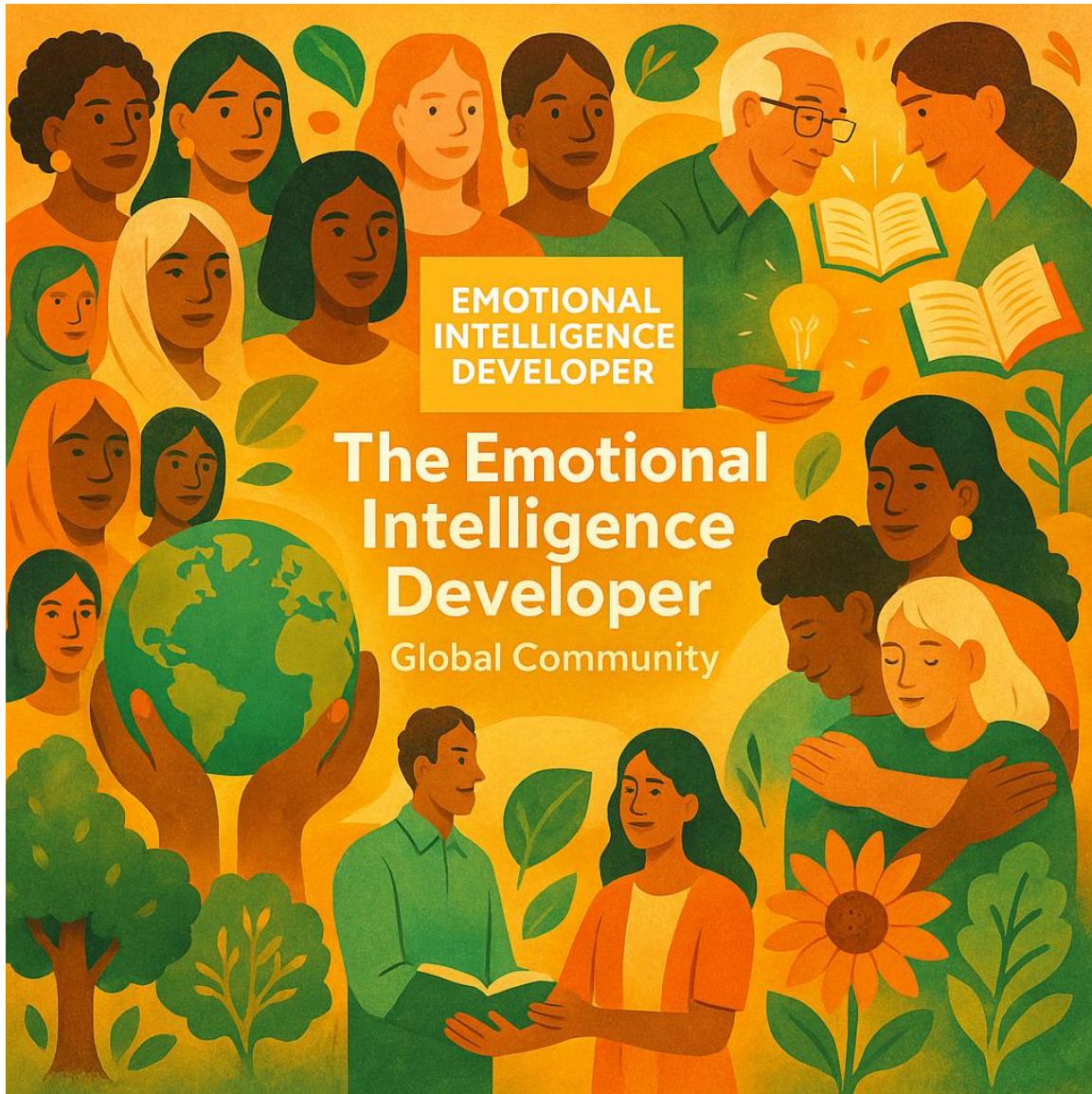
Exercise: Mirror Affirmation Moment

Look into a mirror and say out loud:

“I am enough as I am. I deserve care. I am learning and growing.”

Repeat this daily. Self-love strengthens your emotional core and builds resilience against negativity.

Final Notes



Remember: You matter. You are seen, supported, and worthy of joy.

Visit us anytime at EmotionalIntelligenceDeveloper.com for more free resources.

With care,

The Emotional Intelligence Developer Team