

THE
POWER
OF

FEELING
GOOD

ESAMPLET

THE CLARITY
DOCTOR



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Change the Way You See

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*If you change the way you see
things, the things you see will
change.*

CHAPTER I

How Do You Feel?

It is my point of view and observation from the perspective of my life that we underestimate the power of “feeling good”.

Often, we're told that our feelings are not important, whether it's a blatant statement or just an implied feeling that we receive. In reality, what we accomplish in our daily lives is based off of the feelings we have about our experiences.

CHAPTER I

How Do You Feel?

For example, if we wake up in the morning and we experience our alarm clock going off late and we can't find our keys and we end up getting stuck in traffic this experience is understood through the feelings and the emotions that occur. For most of us experiencing something like the preceding scenario will cause us to "feel bad". In turn, feeling bad will shift our attitude and change our trajectory or path for the rest of the day. For some, this scenario would shape our whole week and would cause us now to have a very negative perspective about not just the day or the week but our whole life.

CHAPTER I

How Do You Feel?

1.What have you encountered in the last 30 days that did or could have caused you to take on a negative perspective about your life?

CHAPTER I

How Do You Feel?

1. *What normally makes you feel like you had a bad day?*

CHAPTER 2

What Makes You Feel Good?

Now, let's contrast a different scenario. Imagine you wake up and it's 15 minutes before your alarm is scheduled to go off you turn the alarm off and get out of bed full of energy. You head to the shower and the water hits your face and you feel the tingly, refreshing feeling come over your body from the water hitting your body. You jump out of the shower, grab your keys off the table where you always leave them, grab your coffee cup filled with a hot brew because you remembered to set the timer the night before and you head out the door.

CHAPTER 2

What Makes You Feel Good?

Since you started your day slightly earlier there's no traffic you breeze into work and you are at your desk ready to go. In reflection maybe you're not a coffee drinker then substitute it with some other beverage or snack that makes you feel good when you consume it, but you get the point, you feel good because you had the opportunity to partake of something that you enjoy. Just the few minutes or moments in the morning of enjoying something of pleasure has the powerful impact on your day to make you feel invincible.

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CHAPTER 2

What Makes You Feel Good?

. Imagine now that you are at work and because it started off so well, your interaction with your co-workers or your supervisor or another person of influence experienced your energy, and it lifted their day. Their first encounter with you was so positive and uplifting that they mentioned it to someone higher up the chain and now your name is being considered for a higher position that is soon to come open. I want you to understand that there is power in feeling good and is not to be underestimated.

CHAPTER 2

What Makes You Feel Good?

1. *What is it that makes you feel good?*

2. *Is there something that makes you feel good also make you feel bad?*

CHAPTER 3

Make Others Feel Good Too

When we feel good, and we walk in the good feeling we can also make others feel good just from our presence. As a business owner or a service provider or just in our everyday life, when we make others feel good, we can position ourselves as people that bring value to others. You are now a “value add”. Often, we hear so much about hard skills that employers are willing to pay top dollar for, but the soft skills have now become very important. If you are a person who is trying to get to the next level, but you don't seem to have the money or time or aptitude to get a degree or pay for additional training try honing your soft skills and become a person of value by making others “feel good” with your presence.

CHAPTER 3

Make Others Feel Good Too

Here is something many people fail to realize and that is we all are just "people". Your boss, the CEO, your co-workers, etc are people, just like you and I. We all have a need to feel good and we all go through times when we feel bad. It's during those times that we "seek" to be around people who make us "feel good". Are you that person that has perfected the skill of making others "feel good"? If you haven't started working on it, try starting today!!

How could you make people feel good consistently?

Conclusion

No matter who you are it's possible to achieve success through the power of feeling good. If you get a routine or practice of making yourself feel good you will be able to respond better when life does not go the way you want. I feel good about specific things in my life and use them to my advantage. You can too, you just need to find that "thing" that makes you feel good and live in that thing until feeling good becomes a way of life. I have a free program called the 10xTransformationChallenge that you will help you with focus, direction, and clarity. Click below:

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