Transform your mind, body and spirit

Emotional mastery is the key to living a life that you direct. The capacity to have absolute direct power over what you feel in every single moment — no matter what happens around you — is one of the most important skill sets you can have.

Whatever you feel, you’re not feeling it because you have to feel it. You’re feeling it because you’ve chosen from the Triad. In order to master your emotions and consciously choose the emotions you want to live in, you need to understand these three forces and how to use them to your advantage.

#1: Physiology

Emotion is created by motion. Whatever you’re feeling right now is directly related to how you’re using your body. If you slump your shoulders and lean your head forward, you’ll move toward a state of depression. However, the next time you find yourself in a negative state, stand up, throw your shoulders back and take a few deep breaths. You’ll find that you’re able to put yourself in a resourceful state. From this state, you can make stronger decisions and enjoy a sense of certainty that will keep you calm in the face of uncertainty.

#2: Language

Language comes in many forms, one of which includes the questions you ask yourself, either aloud or inside your head. If you ask, “Why does this always have to happen to me?” you’ll create a much different set of emotions than if you asked, “How can I benefit from this?” or “Where’s the gift in this?” or “What’s humorous about this?” The language patterns you run play a significant role in the meaning you give a situation—and the emotion that situation creates in you. When you feel negative emotions taking over, look at the language surrounding your situation. How can you shift it to create a more empowering state?

#3: Focus

Where focus goes, energy flows. And where energy flows, whatever you’re focusing on grows. In other words, your life is controlled by what you focus on. That’s why you need to focus on where you want to go, not on what you fear. When you next find yourself in a state of uncertainty, resist your fear. Shift your focus toward where you want to go and your actions will take you in that direction.

Understanding — and influencing — your Triad is the first step toward emotional mastery. When you can influence your emotions using the Triad, you can choose to spend more time in positive, resourceful emotional states. From these states, you’ll make the decisions that will help you reach your highest potential and enjoy your life in every moment.

“Nothing has any power over me other than that which I give it through my conscious thoughts.”

- TONY ROBBINS