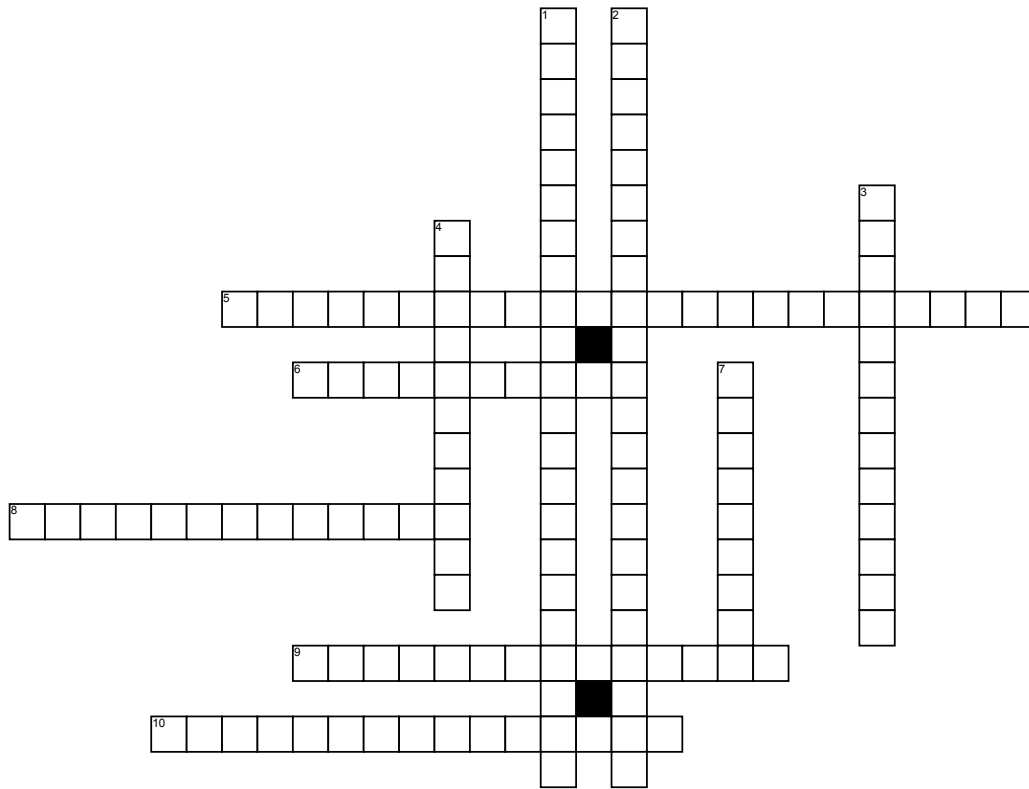


# On Course



## Across

5. \_\_\_\_\_ is managing your strong feelings
6. The \_\_\_\_\_ is the wiser inner voice that seeks to make the best of any situation
8. what keeps you from seeing/acting on choices that could help you achieve life goals?
9. What causes people to see multiple options, choose them wisely, and take effective actions to achieve life goals?
10. Empathizing accurately with other people's emotions is \_\_\_\_\_

## Down

1. \_\_\_\_\_ is handling emotions in relationships with skill and harmony
2. \_\_\_\_\_ is knowing your feelings in the moment
3. The \_\_\_\_\_ judges others
4. The \_\_\_\_\_ accepts too much responsibility and blames us for whatever goes wrong in our lives
7. Dated, Achievable, Personal, Positive and Specific are all part of what rule?

## Word Bank

Emotional Self-Awareness  
 Inner Defender  
 Inner Critic  
 Creator Mindset

Relationship Management  
 Victim Mindset  
 Emotional Self-Management

Inner Guide  
 DAPPS Rule  
 Social Awareness