

MAY 2020



POWERFUL WORDS

CHARACTER DEVELOPMENT

POWERFUL PROJECT

Name: _____

The Powerful Word of the Month is composure. Composure means “keeping calm, steady and in control while under pressure.” While all feelings are okay and nearly everyone feels overwhelmed by emotions sometimes, the key is to find strategies that allow you to feel your emotions without letting them overtake your thinking brain, causing you to do or say things that you regret later. **Below, fill in the boxes to showcase how what works to help you keep your composure, what you know of how emotions feel to you, what you understand about your emotional triggers and how you can best learn from previous experiences so you can be a more composed leader, family member & friend.**

