

The Emotional Pulse Check: A Quick Guide

BY ANNA KETTLE



WELCOME TO THE EMOTIONAL PULSE CHECK

Welcome.

If you have already read my book 'Sand Between Your Toes: Inspirations for a Slower, Simpler & More Soulful Life', you may have come across me talking about the Emotional Pulse Check before.

Well this little booklet is designed as a practical 'how to' guide to help you explore the idea further and start putting it into practice in your own life.

What is the Emotional Pulse Check?

The emotional pulse check is a simple self-reflection tool to help you regularly check your emotional pulse at the end of the day, and identify any baggage you might need to deal with.

It's something I first began practising a few years ago, because I realised that I was moving through my life at too fast a pace to ever really process anything properly.

It's really quick and easy to use, but I have found it to be such a life-giving practice and I pray that you will too.

SLOWER. SIMPLER. MORE SOULFUL.

The state of your heart matters.

Have you ever found yourself getting frustrated or wound up by something really trivial, and then afterwards wondered why?

Maybe you lost your patience with your spouse or shouted unfairly at your kids, then a moment later wished you hadn't. I used to do this more often than I'd care to admit...

But eventually I realised that a lot of these emotional outbursts came from stress, exhaustion, and never really creating the time and space to process life as it happened, or properly deal with it's impact on my heart. Am I alone here? I doubt it.


And although whatever is inside our hearts may stay hidden for a while, but sooner or later it will end up seeping out into our words and influencing our actions.

Proverbs 4:23 puts it like this:

**"Guard our heart above all else,
for it determines the course of your life."**

If you care about the future direction of your life, then you should care about the state of your heart today.

That's why it's really worth taking some time out for regular self-reflection.

A full-page background image of a beach at sunset. The sun is low on the horizon, creating a bright, warm glow that reflects off the water and sand. Gentle waves with white foam are washing onto the shore. The sky is filled with soft, wispy clouds in shades of orange, pink, and blue.

GUARD YOUR HEART
ABOVE ALL ELSE,
FOR IT DETERMINES
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PROVERBS 4:23

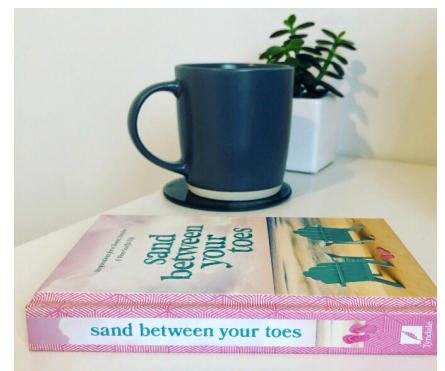
THE EMOTIONAL PULSE CHECK

How to use it

You certainly don't have to use this practice every single day for it to make a difference to your wellbeing. However, I would recommend it is used fairly regularly in order to maximise the benefit.

How long it actually takes you to complete each time, will depend in part on how often you use it. It can take as little as 5 minutes if you do it every day (or at least every few days), but it may take a bit longer to work through if you only dip into it more occasionally.

Either way - I promise you that it will be worth the time it takes to complete. So don't through rush it. Take however long you need.



THE EMOTIONAL PULSE CHECK

Let's get started...

Begin by simply taking a few quiet minutes of pause at the end of each day.

Invite the Holy Spirit to show you anything in your heart that you need to deal with from your day (or the previous few days).

Whatever drops into your mind, just take some time to deal with it in this moment...

Then choose to let it go. Make a conscious decision not to carry it into tomorrow.

A few extra tips

You might want to briefly write down your thoughts in a journal if that helps you to express it, or you could just verbalise it as a prayer to God (either aloud or in your head).

You can also use the questions on the following page to help you start reflecting back on your day.

QUESTION TO CONSIDER

Performance related questions:

- ·What went well today? What do I feel good about?
- ·What didn't go well? And how do I feel about that?
- ·What lessons can I learn from both?

Thoughts & feelings orientated:

- How have I been feeling today, and why?
- Is there any emotional baggage I am carrying right now that I need to lay down?
- And am I anxious, stressed or worried about anything in tomorrow too?

Relationally related:

- Is there any unresolved conflict I might need to deal with?
- Has anyone hurt or offended me? Is there anyone I might need to forgive?
- Is there anything I need to confess to God or forgive myself for too?

(This is certainly not an exhaustive list, but it may be a helpful springboard for you to start from.)

A PRAYER

LORD, GIVE ME A GREATER
AWARENESS ABOUT THE
TRUE STATE OF MY HEART.
MAY I GUARD IT WELL,
MAY MY LIFE HONOR YOU.






MORE ABOUT THE AUTHOR

Anna Kettle is a published author, experienced speaker & an award-winning marketing & PR professional.

Her first book, 'Sand Between Your Toes: Inspirations for a Slower, Simpler, More Soulful Life' was published earlier this year under Tyndale House and can be bought wherever books are sold.

You can find out more, download FREE sample pages, and sign up for her monthly emails for more tips on slower, simpler, more soulful living at:

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