

Emotional

Equations

EMOTIONS = LIFE

BY CHIP CONELY

DEALING WITH DIFFICULT TIMES

DESPAIR = SUFFERING - MEANING

DISAPPOINTMENT = EXPECTATIONS - REALITY

REGRET = DISAPPOINTMENT + RESPONSIBILITY

JEALOUSY = $\frac{\text{MISTRUST}}{\text{SELF-ESTEEM}}$

ENVY = $\frac{\text{PRIDE} + \text{VANITY}}{\text{KINDNESS}}$

ANXIETY = UNCERTAINTY x POWERLESSNESS

GETTING THE MOST OUT OF YOUR WORK LIFE

CALLING = PLEASURE/PAIN

FREEDOM

WORKAHOLISM = $\frac{\text{WHAT ARE YOU RUNNING FROM?}}{\text{WHAT ARE YOU LIVING FOR?}}$

FLOW = $\frac{\text{SKILL}}{\text{CHALLENGE}}$

CURIOSITY = WONDER + AWE

DEFINING WHO YOU ARE

AUTHENTICITY = SELF-AWARENESS x COURAGE

NARCISSISM = (SELF-ESTEEM)² x ENTITLEMENT

INTEGRITY = AUTHENTICITY x INVISIBILITY x RELIABILITY

FINDING CONTENTMENT

HAPPINESS = $\frac{\text{WANTING WHAT YOU HAVE}}{\text{HAVING WHAT YOU WANT}}$

JOY = LOVE - FEAR

THRIVING = $\frac{\text{FREQUENCY OF POSITIVE}}{\text{FREQUENCY OF NEGATIVE}}$

FAITH = $\frac{\text{BELIEF}}{\text{INTELLECT}}$

WISDOM = $\sqrt{\text{EXPERIENCE}}$