

Free Library Guide #002

Emotional Awareness Starter

DonDada The Resetter™

A Quick Transformation Guide • Free Library

Welcome

Your emotions carry information. Learning to recognize them instead of ignoring or reacting to them can improve your decisions, communication, and relationships. This guide introduces a simple process for becoming more emotionally aware.

DonDada Quote

"Awareness is the bridge between emotion and transformation." — DonDada The Resetter™

The Emotional Awareness Framework

- 1. Pause** – Slow down before reacting.
- 2. Notice** – Identify what you are feeling.
- 3. Name** – Give the emotion a specific name.
- 4. Understand** – Ask what may have triggered it.
- 5. Respond** – Choose a healthy next step instead of acting on impulse.

Real-Life Example

Someone sends a short text message. Instead of assuming they're upset, pause, notice your emotional reaction, and consider other explanations before responding.

Your Workbook

- What emotion have I experienced most this week?
- What usually triggers it?
- How do I normally respond?
- What healthier response will I practice?

3-Day Awareness Challenge

Three times each day, pause for one minute. Write down your strongest emotion, what triggered it, and one intentional response.

Key Takeaways

- Emotions are signals, not commands.
- Naming emotions increases self-awareness.
- A pause creates space for better decisions.
- Small daily check-ins strengthen emotional intelligence.

Continue Your Reset

Mindset: Mindset Reset Starter

Business: Business Vision Blueprint

Relationships: Relationship Communication Basics

Self-Care: Stress Reset in 5 Minutes

Continue Your Journey

Free Library – Explore resources across many categories.

Individual Libraries (\$11/month each) – Dive deep into one subject.

Creole Library (\$25/month) – Personal development resources in Haitian Creole.

All-in-One Library (\$55/month) – Includes every \$11/month library plus standard online courses.

VIP Membership (\$250/month) – Includes the All-in-One Library, premium online courses, and one monthly consultation each month.

Resetter's Inner Circle (\$500/month) – Includes everything in VIP, the exclusive Emotional Reset Library, and four private consultations each month.

Library Information

Series: Starter Guides • Guide #002 • Reading Time: 10 Minutes • Beginner