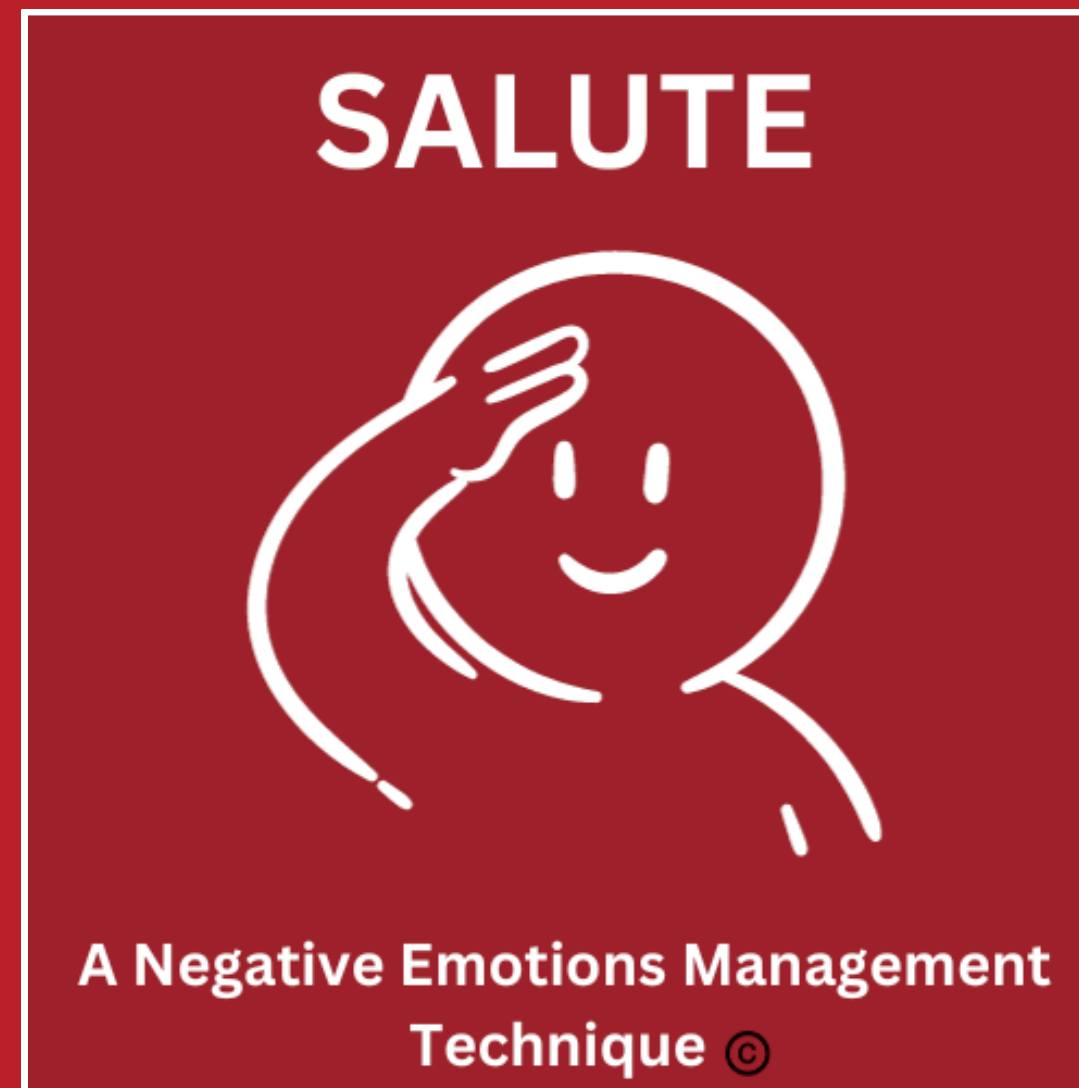


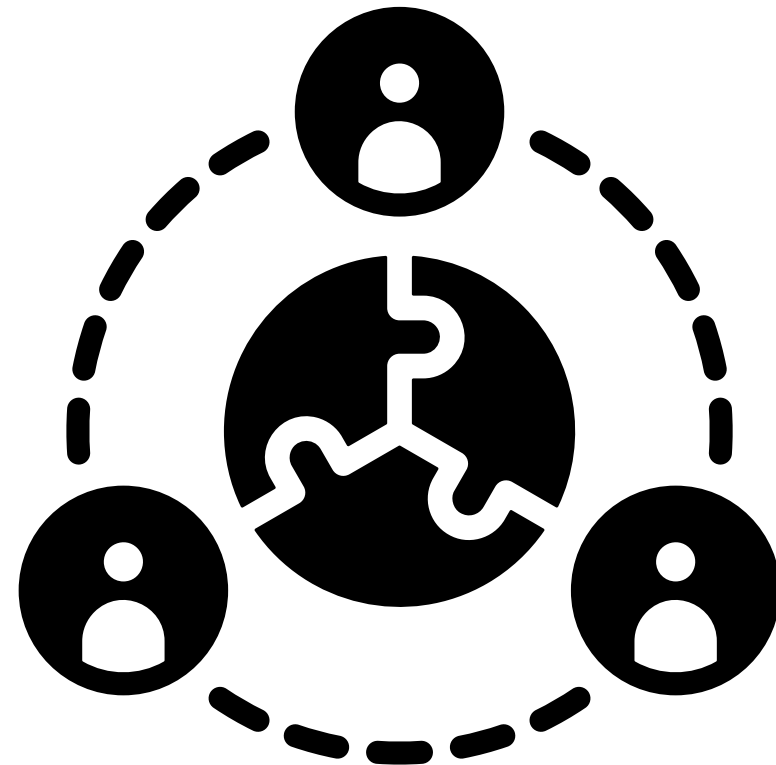
# Lesson Eight: Seven and Last Step of the SALUTE Technique: E - Stands for Engage



## Mini-Course

# Introducing E - Engage

- Engage is about putting your plan into action and actively managing your emotions.
- This step transforms preparation into real-life change.
- Focuses on commitment, monitoring progress, and adjusting to create lasting positive change.



# Importance of Engagement: Taking Proactive Steps

- **From Planning to Action:**
  - Engagement turns intentions into tangible actions.
  - Shifts you from passive observer to active participant in your emotional journey.
- **Commitment to Self-Growth:**
  - Shows dedication to your well-being and builds confidence.
  - Reinforces the belief that you can influence your circumstances, even when emotions feel overwhelming.



# Strategies for Staying Committed to Your Plan

- **Set Clear Intentions:**
  - Begin with daily or weekly intentions to guide your actions.
  - Keeps your goals and commitment at the forefront.
- **Create a Routine:**
  - Incorporate action steps into your daily or weekly schedule for consistency.
  - Routines make engagement easier and keep your plan top of mind.
- **Visual Reminders:**
  - Use reminders like sticky notes, phone alerts, or vision boards to stay focused.
  - Visual cues prompt you to stay engaged, especially during low motivation.

# Strategies for Staying Committed to Your Plan (Cont.)

- **Accountability Partners:**

- Share your plan with someone who can support and keep you accountable.
- Regular check-ins provide encouragement and shared commitment.

- **Celebrate Small Wins:**

- Recognize progress, no matter how small, to boost motivation.
- Celebrations reinforce commitment and encourage continued action.



# Techniques for Monitoring Progress and Adjusting as Needed

- **Track Your Actions:**

- Use journals, habit trackers, or apps to log progress and see what's working.
- Tracking helps identify patterns and areas for adjustment.

- **Regular Reflection:**

- Set aside time weekly to reflect on your actions, challenges, and needed adjustments.
- Reflection keeps you mindful of your journey and helps address obstacles.

- **Adjust with Flexibility:**

- Be open to tweaking your plan if something isn't working.
- Flexibility helps maintain momentum and adapt to new insights.

# Techniques for Monitoring Progress and Adjusting as Needed (Cont.)

- **Measure Success in Multiple Ways:**
  - Broaden your view of success to include growth, resilience, and new insights.
  - Success is not always a straight line; celebrate effort and learning.
- **Stay Connected to Your Why:**
  - Revisit your reasons for setting goals to reignite motivation.
  - Connecting with your purpose keeps you focused on the bigger picture.

# Wrapping It Up

- Engagement empowers you to actively manage your emotional journey.
- Stay committed, track progress, and adjust as needed to transform emotions into growth opportunities.
- Remember, engagement is ongoing—keep showing up, trying, and moving forward.
- Trust your plan, keep adjusting, and build the resilient, empowered life you deserve.

