

## QC005SN - SHOULD YOU LISTEN TO YOUR FEELINGS?

### SHOW SUMMARY:

Too often, feelings are disregarded when it comes to decisions and reactions. We tend to focus more on our thoughts rather than feelings. But feelings are an important part of the process. This podcast discusses how you can give your feelings a seat at the table without letting them run the table.

### SHOW OUTLINE:

Thinkers and feelers.  
Why we disregard feelings.  
The problem with disregarding feelings.  
How to consider your feelings in decisions.

### ACTIONS:

Asked the 4 questions to consider your feelings when making decisions.

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