

Your Heart Follows Your Actions | The Path Out of Emotional Darkness

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SUMMARY

Acknowledging negative feelings is essential, but it's crucial to ensure that our actions lead us toward wellness rather than letting our emotions dictate our behavior. By taking proactive steps, even when we don't feel like it, we can guide our hearts toward a more positive state.

- *Feelings are inevitable and can overwhelm us like a wave.*
- *Acknowledge emotions but don't let them dictate actions.*
- *Our hearts should follow our actions, not the other way around.*
- *Engaging in productive activities can help lift our spirits.*
- *Actions like going for a walk, meeting friends, or cleaning can foster a sense of purpose.*
- *Taking the next right step is vital for maintaining mental health.*
- *We have a mission and work to do, which can motivate us to move forward.*

You feel it. You acknowledge it. It's there. The feeling is there. It's a wave. It's going to wave over you. You can't stop it. You can't divert it. You can't shut it up. You can't snap yourself out of it and change it. You can't do any of those things. You just acknowledgees there. But you can snap yourself out of the days by taking the next right step by going through the motions. And remember, I've hopefully taught you this before. Hopefully you remember me saying this, but that our hearts follow our actions. Right? So, you don't want your actions to follow your heart. Your heart is sad, your heart is low, your heart is angry, your heart is in that dark place. And if your actions follow that, then you stop washing your face and you go to bed, then you just scroll on Instagram, then you just, you know, stuff your face or or starve yourself or you do all sorts of things that are counterproductive that are never going to yank you out of there. Your heart needs to follow your actions. So your actions start doing things your heart's not in it. Your heart doesn't want to go for a walk or to meet a friend or to bake. But your actions lead you into the direction of wellness. Your actions are like, "Nope, I tell we're not going down that road.

We're going down this road. We're going to do the next productive thing. We're going to do work. We're going to clean. We're going to do something that shows us that we're still alive and kicking. That there's something that there's work to be done. that we have a mission.