

The Turtle Who Couldn't Keep His Mouth Shut

- Why is the ability to successfully manage your emotions/feelings/thoughts and actions in different situations important in life?(EQ)
- 2. How can you show self-control?
- 3. What does it mean to be stuck in the mud?
- 4. Who are the swans in your life?
- 5. What kinds of things help us to control ourselves or self-manage?