

Inner World - Emotions

Emotional Awareness Journal

Use this journal daily to **track your emotions and reflect** on them. Feel free to **add doodles or colours** to represent your feelings.

1. Emotional Check-In

What emotion am I feeling right now?

What triggered this feeling? (If unsure, take a guess.)

Where do I feel it in my body? (e.g., tight chest, heavy shoulders.)

On a scale from 1-10, how intense is it?

1 2 3 4 5 6 7 8 9 10

2. Reflection

Is this emotion helping or holding me back?

What's one small action I can take to feel more balanced or supported?

3. Quick Actions

What's a comforting or energising activity I can do right now?

(e.g., take a walk, breathe deeply, doodle.)
