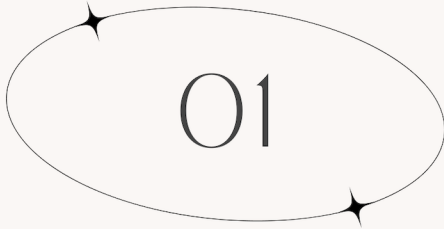


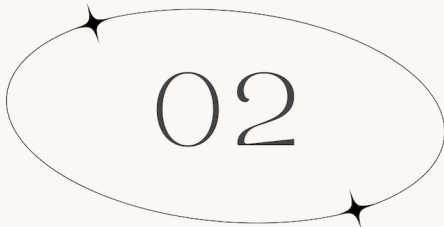
UNDERSTANDING YOURSELF

EMOTIONS CHECK-IN



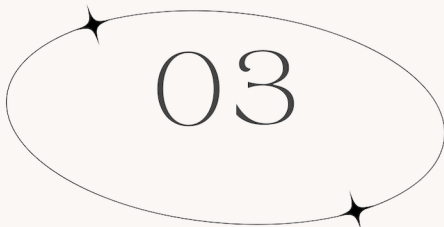
STEP ONE

- *Take a deep breath*
- Have I eaten today?
- How many hours of sleep have I had?
- Have I gone outside today or moved my body?



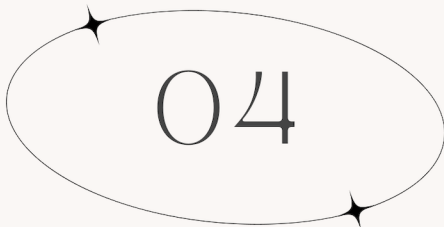
STEP TWO

- *Use the emotions wheel to identify what is coming up for you today. Circle any emotion that applies.*
- Where in my body am I feeling the emotions?
- Examples are a clenched jaw (anxiety, stress), tight chest (stress, anxiety), or warmth in the chest (content). Your body is sending you signals. Pay attention.



STEP THREE

- What is currently going on in my world?
- What is my energy level for today?



STEP FOUR

- What do I need right now?
- How can I tend to my emotional and physical well-being?
- How can I take care of myself today?

