

DAILY PRACTICE

Daily Emotional Check-In

A five-minute practice. No answer has to be elegant. Honesty is enough.

1. What am I feeling right now?

2. Where do I notice it in my body?

3. What happened before this feeling appeared?

4. What might this emotion need from me?

5. Which feeling would support me next?

6. One small action I can take today:

Personal growth and wellbeing support. This worksheet is not a diagnostic or medical tool.