



HOW TO: EMOTIONAL CHECK-IN



KEEPING TRACK

We can't adjust what we don't notice. So today, notice what emotions are showing up.

How did you feel when you woke up?

How did you feel at lunch?

How are feeling as you get ready for bed?

Track what emotions and feelings are showing up not to judge, but to be curious as to what could be made better.



WHAT CAUSED THIS?!?

Well we are tracking how we feel, now let's see if we can figure out where the feeling is coming from!

What sparked that good mood. What made you excited, frustrated, sad or joyful.

We are just gathering information to see how we can better navigate all that life can throw at us.

STRATEGIES FOR YOUR CHECK-IN

When you feeling excited how will you handle that? When you are sad how will you handle that?

Strategies are our toolbox to make sure that we celebrate appropriately and also make sure we have the community and support around us if we need that too.

What support do you need today?



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