Day 1 Participant Worksheet

Where Am I Emotionally?

Today’s intention: Notice your emotions with curiosity, not criticism. Set aside 10–15 minutes to complete this reflection.

1. Name three emotions you have felt recently.

Emotion 1: _____

What happened just before I felt it? _____

Emotion 2: _____

What happened just before I felt it? _____

Emotion 3: _____

What happened just before I felt it? _____

2. Complete the emotional awareness statement.

I feel _____

when _____

My emotion may be trying to tell me _____

_____

Day 1: Journal and Reflection

3. Journal reflection

What patterns do I notice in my emotions? What do I need emotionally today?

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

My small act of self-care today

Today I will _____

Daily affirmation

“My feelings deserve attention.”

Reminder: You can pause, skip, or return to any reflection that feels too difficult.
Educational self-reflection only; not psychotherapy, crisis care, or a replacement for professional support.