

EMOTION TRACKER

Feelings can change quickly. You may notice more than one thing, nothing at all, or something you do not have a word for yet.

DAILY CHECK-IN

1

NOTICE

Pause and notice what is present today.

2

MARK WHAT FITS

Color one star, more than one, or none.

3

LET IT CHANGE

Tomorrow does not have to feel the same.

LOOK BACK GENTLY

At the end of the week, notice what showed up most, what showed up least, and what may have helped. There is no score and no best week.

A BLANK STAR CAN BE AN ANSWER, TOO.



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Color any star that fits that day. You may color more than one.

NAME (OPTIONAL) _____

WEEK OF _____

EMOTION	DAYS	MON	TUE	WED	THU	FRI	SAT	SUN
 HAPPY								
 ANGRY								
 SAD								
 WORRIED								
 CALM								
 STRONG								
 REFLECTIVE								
 EMPATHY								
 RESILIENT								

SOME WORDS ARE FEELINGS. OTHERS NAME HOW YOU COPED OR CARED.

Mark whatever feels true. More than one thing can belong in the same day.