CAREOPS MAEUMI

My emotion journal

Choose one thing that stayed with you today. You don't need to fill in every box.

Date: _____

1. What stayed with me today

Briefly note when, where and what happened.

2. My feelings and how strong

Add a feeling word and a 0 to 10 strength.

3. What I noticed in my body

Notice your shoulders, chest, stomach or face.

4. What went through my mind

Write the sentence as it came. It doesn't have to be true.

5. What I was hoping for

What might this feeling be telling you that you wanted?

6. Something I can do for myself

Note a small act of care or next step.

Use the free web tool: https://maeumi.app/tools/emotion-journal