

# Emotions Check in - Daily Log

Instructions: Take a minute to slow down. Close your eyes. Take a breath. Scan yourself and feel what is coming up for you. Acknowledge it and accept it. Name the emotion and log the observation in the chart below. Allow what is there to be there. Take 3 more deep breaths. Take more breaths if you need.

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Morning</b>							
<b>Noon</b>							
<b>Night</b>							