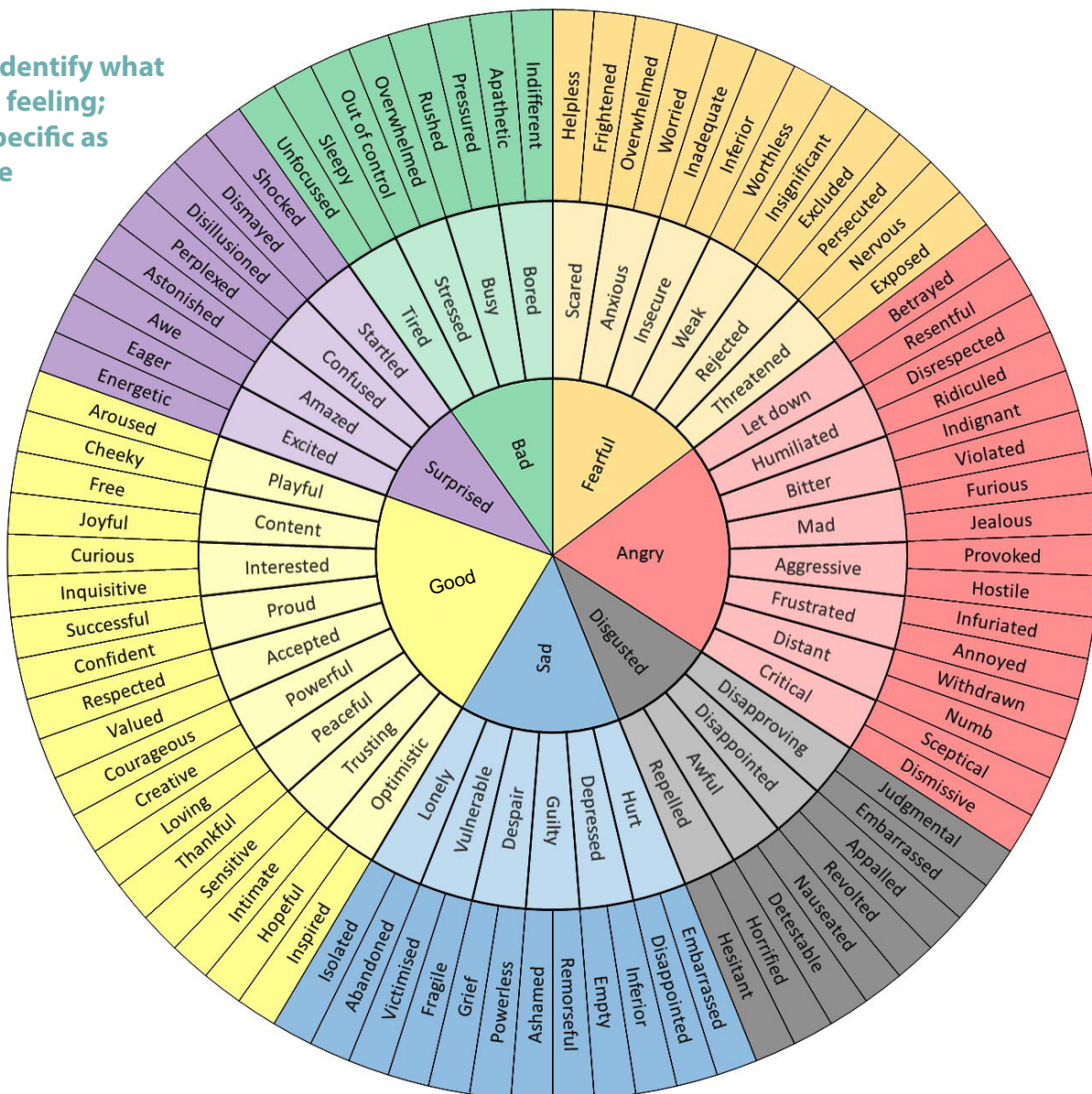


# DAILY EMOTIONAL LITERACY

IDENTIFY EMOTIONS, BUILD MINDFULNESS, AND SELF-ATTUNEMENT

**Use to identify what you are feeling; be as specific as possible**



# RECORD YOUR EMOTIONS DAILY AT LEAST 4 TIMES A DAY

Building your Emotional Intelligence begins with Emotional Literacy. Check in with yourself at least four times a day and list the current emotions you are feeling. Journal, use this worksheet, or text yourself what you're feeling in the moment. I also recommend the app MOOD METER: [www.CreatingYourBalance.com/Resources](http://www.CreatingYourBalance.com/Resources)

SUNDAY		SUNDAY	
Waking-Up			
Midday			
Evening			
Bedtime			
MONDAY		MONDAY	
Waking-Up			
Midday			
Evening			
Bedtime			
TUESDAY		TUESDAY	
Waking-Up			
Midday			
Evening			
Bedtime			
WEDNESDAY		WEDNESDAY	
Waking-Up			
Midday			
Evening			
Bedtime			
THURSDAY		THURSDAY	
Waking-Up			
Midday			
Evening			
Bedtime			
FRIDAY		FRIDAY	
Waking-Up			
Midday			
Evening			
Bedtime			
SATURDAY		SATURDAY	
Waking-Up			
Midday			
Evening			
Bedtime			