

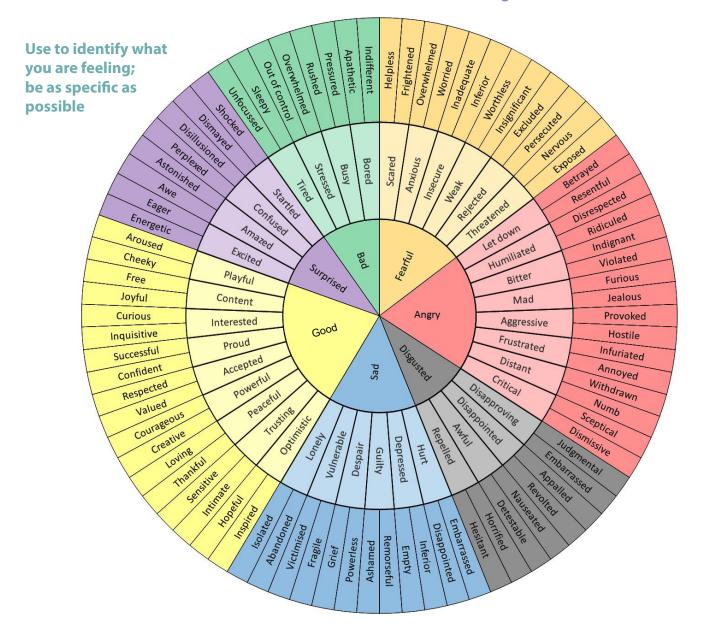
"When we deny our stories and disengage from tough emotions, they don't go away; instead, they own us, they define us... in other words, the more we try to avoid our emotions, the more control they have over our thoughts and behavior."

BRENE BROWN, PhD

DAILY EMOTIONAL LITERACY

IDENTIFY EMOTIONS, BUILD MINDFULNESS, AND SELF-ATTUNEMENT

This may seem "too simple" yet it is an imperative to have awareness of your emotions (mindfulness) to have a calmer nervous system, less reactivity, lower stress, clearer thinking, self-attunement, and a more enjoyable life overall. This practice is a start in building your Emotional Health Skills. Another option, instead of this worksheet is to **use the MOOD METER APP available at:** www.CreatingYourBalance.com/Resources



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

	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		