



Day 1: emotion check-in

Choose one ordinary moment. Skip any prompt you do not want to use. This page has no score.

Date and moment:

What happened, without guessing motives?

Which emotion words fit? More than one is allowed.

What did I notice in my body, if anything?

What mattered or felt needed?

What did I do, and what might I try next?

What remains uncertain?



Day 2: emotion check-in

Choose one ordinary moment. Skip any prompt you do not want to use. This page has no score.

Date and moment:

What happened, without guessing motives?

Which emotion words fit? More than one is allowed.

What did I notice in my body, if anything?

What mattered or felt needed?

What did I do, and what might I try next?

What remains uncertain?



Day 3: emotion check-in

Choose one ordinary moment. Skip any prompt you do not want to use. This page has no score.

Date and moment:

What happened, without guessing motives?

Which emotion words fit? More than one is allowed.

What did I notice in my body, if anything?

What mattered or felt needed?

What did I do, and what might I try next?

What remains uncertain?



Day 4: emotion check-in

Choose one ordinary moment. Skip any prompt you do not want to use. This page has no score.

Date and moment:

What happened, without guessing motives?

Which emotion words fit? More than one is allowed.

What did I notice in my body, if anything?

What mattered or felt needed?

What did I do, and what might I try next?

What remains uncertain?



Day 5: emotion check-in

Choose one ordinary moment. Skip any prompt you do not want to use. This page has no score.

Date and moment:

What happened, without guessing motives?

Which emotion words fit? More than one is allowed.

What did I notice in my body, if anything?

What mattered or felt needed?

What did I do, and what might I try next?

What remains uncertain?



Day 6: emotion check-in

Choose one ordinary moment. Skip any prompt you do not want to use. This page has no score.

Date and moment:

What happened, without guessing motives?

Which emotion words fit? More than one is allowed.

What did I notice in my body, if anything?

What mattered or felt needed?

What did I do, and what might I try next?

What remains uncertain?



Day 7: emotion check-in

Choose one ordinary moment. Skip any prompt you do not want to use. This page has no score.

Date and moment:

What happened, without guessing motives?

Which emotion words fit? More than one is allowed.

What did I notice in my body, if anything?

What mattered or felt needed?

What did I do, and what might I try next?

What remains uncertain?



Look back at the week

Treat patterns as questions to explore, not conclusions from seven days.

What settings, feelings, or expectations recurred?

What helped me describe my experience?

What surprised me or did not fit my first interpretation?

Which request or next action would I like to try?

What do I want to leave open or return to later?
