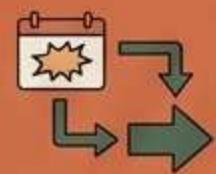


7-Day Emotional Intelligence Journaling Challenge



Day 1: Name What You're Feeling



Day 2: Find the Trigger



Day 3: Separate the Emotion From the Story



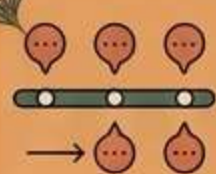
Day 4: Practice a Different Response



Day 5: Take Someone Else's Perspective



Day 6: Examine a Relationship Pattern



Day 7: Identify Your Biggest Emotional Pattern

