

Emotions Check-In & Reflection Worksheet



Weekly Reflection

Day	Main Emotion	Intensity	What Happened?
		1- 2 3 4 5	_____
		1- 2 3 4 5	_____
		1- 2 3 4 5	_____
etc.			Keep entries short!

I noticed I often felt: _____

A situation that came up more than once: _____

Something that helped: _____

Something I'd like to handle differently: _____

Notice patterns, don't diagnose.
A conversation, not a microscope.

