

Bonus Emotional Intelligence

My Mood Weather

If I had to describe my mood as a weather pattern, what would it be, and why?



Mind Space

What has been taking up the most space in my mind today?



Rewinding Today

What happened today that I keep replaying?



Current Needs

Do I want comfort, space, reassurance, clarity, control, connection, or something else right now?



Body Signals

What does my body seem to be telling me that I haven't put into words yet?



Unfiltered Feeling

If this feeling could speak without judgment, what would it want me to know?

