

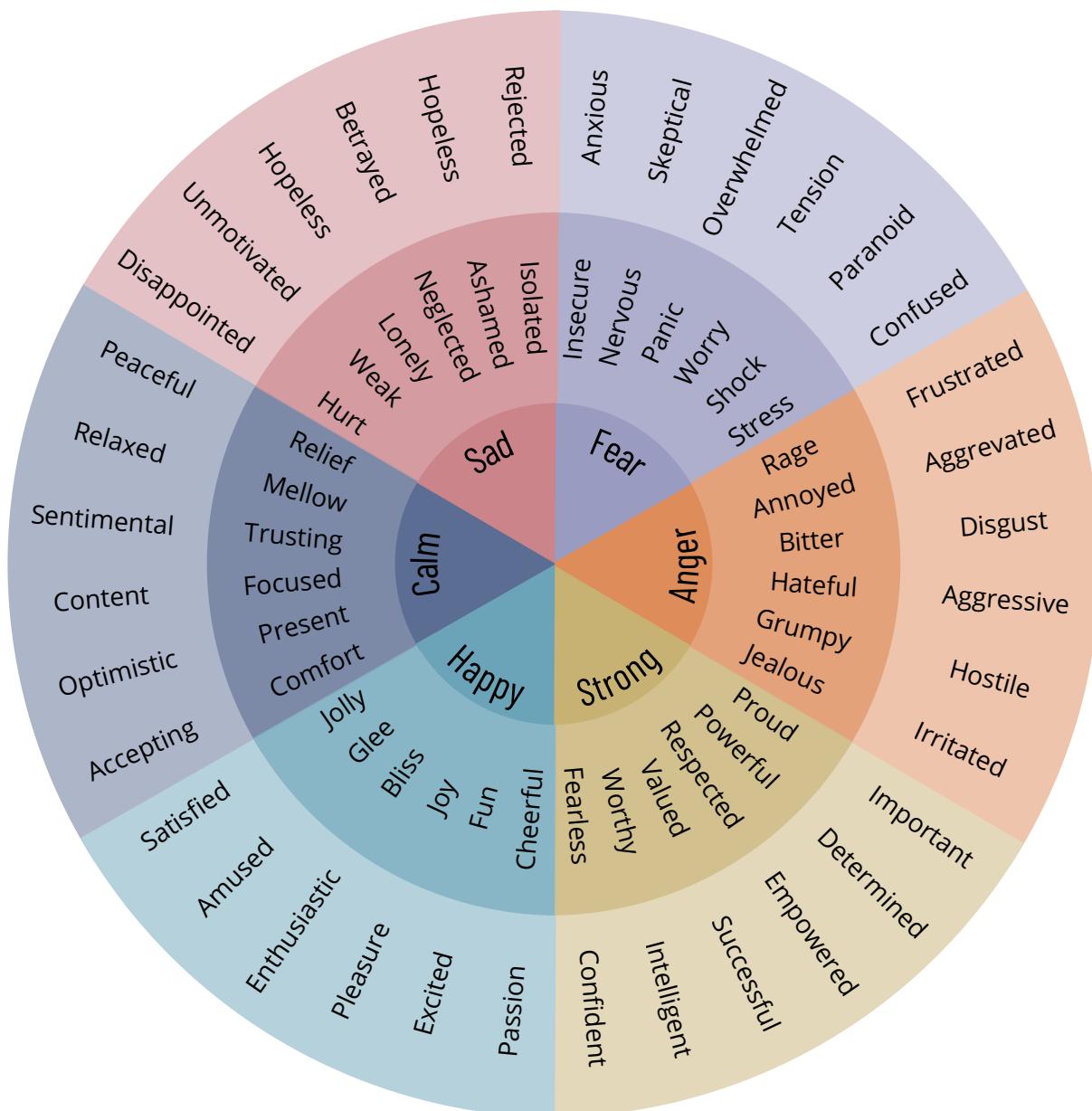


# Emotional Wellness Check-In

How are you feeling?

Use the wheel to find words that best describe how you're feeling today. There are no right or wrong answers, and not every word will fit. Choose what resonates most – this is about awareness, not judgement.

## Wheel of Emotions



@marshakerrtalley

## Exploring Emotional Patterns

1. Use the Wheel of Emotions to identify words that describe how you're feeling today.
2. Select one or two emotion categories that feel most relevant.
3. Choose one to three words from those categories that best capture your current state.

There is no need to overthink this.

This is about noticing, naming, and building awareness.

Emotion Category	What might be influencing your feelings today?
(Examples: calm, tense, low energy, hopeful, frustrated, content)  <b>Write here:</b>	(Examples: workload, interactions, environment, expectations, rest, personal demands)  <b>Write here:</b>
<b>Words that describe how you are feeling now:</b>	
(Use as many or as few as you need)  <b>Write here:</b>	

Awareness builds choice.  
We'll reflect on this together when you're ready.