

The Solution: Feelings Tracker

Now that we have learned how important recognizing our feelings is to our self-awareness, we will begin creating the necessary skills to become Emotional Mastery experts by tracking our feelings over the next month.

For the next 7 days, use the following feelings wheel on the next page to identify how you feel at least **one time a day**.

***As you are having these feelings,
deeply contemplate the following questions:***



What am I **feeling**? Where do I feel this **in my body**?



What is my **first memory** of having this feeling?



How do the emotions triggered during the current event resemble what happened in **childhood**?



How did I **respond**? What were my thoughts, feelings, and actions to this current event?



In what ways do my feeling lead me to respond in a **self-destructive** manner?

Feelings Tracker for 7 Days of Self-Awareness

