STEPHEN JOHNSY

Daily Emotional Check-In

Notice how you feel. Understand what you need. Choose your next step.

Date: _____ **Time:** _____

Take a few quiet minutes. There are no right or wrong feelings.

1 What am I feeling right now?

Name one or more feelings.Circle any that fit,or add your own.

Calm / Content /Sad / Anxious / Frustrated / Hopeful

My words: _____ Intensity: Low / Medium / High

2 What happened before this feeling?

Notice the situation, a thought or a body sensation.
Separate what happened from what you think it might mean.

_____

_____

3 What do I need right now?

Rest / Space / Connection / Support /Aboundary / Something else

What would help me most?

_____

4 What is one helpful action I can take?

Choose a small step within your control: pause, ask for help,
Take a break or express what you need.

My next step: _____

When I will do it: _____

A kind reminder

You can acknowledge a feeling and still choose how you respond.