



# 28-Days of Emotional Wellness

## Week 1: Observing My Emotions

| Day           | The Emotion that arises<br>(May have more than 1 emotion) | Where does tension hold in your body from that emotion?                            | The event that occurred for the emotion to arise.<br>(Be simple and to the point.<br>We are simply observing.)   |
|---------------|---|--|--|
| Example Day 1 | <p>Anger</p> <p>Sad</p> <p>Happy</p>                      | <p>Jaw, Neck, Shoulders,</p> <p>Chest, lungs, stomach</p> <p>Body felt lighter</p> | <p>My mom called me asking about helping her with house chores. I was tired and had no energy and she knew that I had a long week, so I was angry.</p> <p>I just felt lonely today. m</p> <p>I felt joy today when I had my favorite lunch from the new place down the street.</p> |
| Day 1         |   |  |  |



|              |  |  |  |
|--------------|--|--|--|
| <b>Day 2</b> |  |  |  |
| <b>Day 3</b> |  |  |  |
| <b>Day 4</b> |  |  |  |



|              |  |  |  |
|--------------|--|--|--|
| <b>Day 5</b> |  |  |  |
| <b>Day 6</b> |  |  |  |
| <b>Day 7</b> |  |  |  |