



Emotions Check-In

How are you feeling today? Mark your emotions below:



Happy



Calm



Sad



Anxious



Angry



Confused



Tired



Scared



Hopeful

Emotions Reflections

- Why am I feeling this way? _____.
- What can I do to take care of myself? _____.
- What am I grateful for? _____.

Name

Email

_____.

_____.