



WEEKLY EMOTION CHECK

SELF-MASTERY SERIES

HI THERE!

Congratulations on making it this far! Being in touch with our emotions, and allowing ourselves to feel our own emotions lets us connect with our body which provides us with the feedback that's necessary to sculpt our mentality and shape right thinking.

The goal of this worksheet is to help you keep track of your emotions daily by writing down the emotion(s) you felt that day. By the end of the week, you can see the most dominant emotions you experienced throughout the week. Use this to help you reflect on your emotions. Let's begin reviewing the emotions you've been experiencing this week!

MY WEEKLY EMOTION TRACKER

Fill in the most dominant emotion you felt for each day.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

REFLECT

The emotions I felt
throughout the week was:

- ☐ mostly **positive**
- ☐ mostly **negative**

DOMINANT NEGATIVE EMOTION

LET'S REFLECT

This reflection will help you see how you handle your emotions.

Did you have a dominant negative emotion throughout the week? If you do, write it down in the box below.

How are you feeling now?

Has that negative emotion diminished?

If yes, how did you bring the emotion under control?

If not, what do you think would help the emotion dissipate?

Is there anything you can think of that may help you reduce that emotion?

DOMINANT POSITIVE EMOTION

LET'S REFLECT

This reflection will help you see how you handle your emotions.

Did you have a dominant positive emotion throughout the week? If you do, write it down in the box below.

How are you feeling now?

How has that emotion influenced your day or throughout the week?