

Access Your Emotions (from p35)

Choose a day to chart your emotions.

1. What do you feel in the morning, when you awake?
2. What do you feel around 1pm in the afternoon?
3. What do you feel at 6pm?
4. What do you feel in the evening?

Chart your feelings and connect the dots with a line to “see” your pattern of emotions in that day.

Are your emotions generally the same? Do you see swings of ups and downs? Reflect on your awareness and notice if you judge your emotions in any way. If you do, what would happen if you accepted them as normal and natural?

Note: if it's not easy to notice what you feel throughout the day, select one specific situation. For instance, when you wake up each morning. Being able to feel your feelings increases your self-awareness, which then opens the door to making changes within you that feel good and bring out your best.

