

## CREATE AN EMOTIONAL WEATHER CHART

Use the space here as a daily journal to record how you feel over the course of seven days. You can start on any day of the week, whenever it works best for you. Draw weather emojis or write descriptive phrases such as “I’m feeling sunny right now” or “I feel unsettled this afternoon” to capture how you’re feeling in the moment. Be aware that your mood will change throughout the day, depending on external events, thoughts about yesterday, or worries about tomorrow. Use the emotional weather chart to be more aware of how you’re feeling in any given moment. Look out for any emotional patterns and whether they are prompted by specific events or people. With greater presence, it becomes easier to notice shifts in your internal environment. Allow and work through the feelings that arise so that emotional equilibrium can be restored.

Day 1

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Day 2

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Day 7

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