

EMOTIONAL AWARENESS TOOL

1) Name the emotion (use wheel of emotions):

2) Acknowledge the emotion and accept it. -

3) Write down your current thoughts:

4) Categorize them into Empowering/ Disempowering

Empowering thoughts:

Disempowering thoughts:

5) For each empowering thought, write down one action step you can take to change it.

Empowering thoughts:



Action plan:

6) Take action -