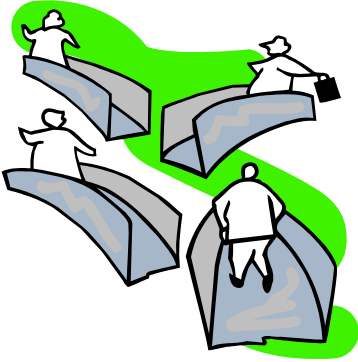


# Self-Awareness Mentoring Journal

DATE:

**Directions:** Circle how you feel, as many feelings as you feel. \*Remember, your emotions and feelings are *not* who you are. Feelings are connected to what you are thinking. This tool creates an anchor for you to be in the present moment and share your authentic self.



## Emotions of Inner Peace – Expand Thoughts and Increase Experiences That Engage and Amplify These Feelings

Validated	Compassionate	Receptive
Aware	Mentally Fluid & Clear	Realistic
Empathic	Powerful	Grounded
Curious	Trust Higher Power	Optimistic
Connected	Observant	Happy
Respectful	Vigor	Kind
Generous in Spirit	Thrilled	Enthusiastic
Joyful	Emotionally Clear & Current	Open Heart/Vulnerable

## Emotions of Internal Challenge and Growth – Opportunities to Shift Your Perspective and Attract More of What You Need to Strengthen Who You Are (Learn & Grow)

Confused	Discontent	Anticipatory	Mentally Unclear	Challenged
Energy Surge	Overwhelmed	Courageous	Action Oriented	Determined
Uncomfortable	Invested	Insecure	Open, or Receptive	Distracted
Over Committed	Fearful	Pressure	Contemplative	Exhausted
Striving for Clarity	Emotionally Cleansing		Embracing Resistance	Vulnerable

## Emotions Signaling Inner Hurt – Healing, Forgiveness, and Reconnection Needed

Angry	Resentful	Unforgiving	Humiliated	Guilt
Lonely	Disappointed	Controlling	Unresolved	Misunderstood
Sad, Tearful	Manipulated	Mistrusting	Unforgiving	Disconnected
Disillusioned	Wounded	Physical Pain	Weighted Down	Inadequate

## Emotions Signaling You to Stop – Figure Out What Is Going On (Shame?), Respond Constructively

Revengeful	Exhausted	Belligerent	Numb	Unhappy
Fixing Others	Low Energy	Discouraged	Rage	Irritable
Impatient	Impulsive	Powerless	Irresponsible	Out of Control
Malicious	Vindictive	Annoyed	Agitated	Stuck In A Rut
Overly Responsible	Irrational	Suicidal	Over Extended	Underwhelmed

---