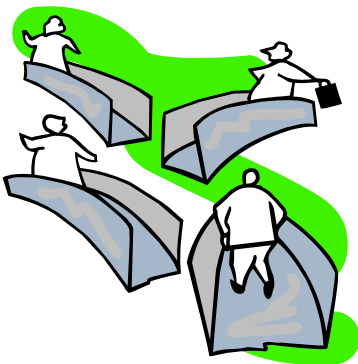




# Self-Awareness Mentoring Journal

DATE:

**Directions:** Circle how you feel, as many feelings as you feel, right now. Your emotions and feelings are *not* who you are. Feelings are connected to what you are thinking about. This tool brings you into the present moment. You have permission to name and acknowledge your feelings. Express yourself.



**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	Uncertain	Emotionally Cleansing	Embracing Resistance	Vulnerable

**Emotions Signaling Inner Hurt** - Healing, forgiveness, and reconnection are needed.

Angry	Resentful	Unforgiving	Humiliated	Guilt
Lonely	Disappointed	Controlling	Unresolved	Misunderstood
Sad, Tearful	Manipulated	Mistrusting	Hopeless	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	Under-whelmed

**Apply Self-Compassion:** **SOFTEN** by releasing any tension in your body like relaxing your shoulders or squeeze and release your toes. You can **SOOTHE** yourself by being emotionally compassionate and kind to yourself using kind words. **Acknowledge** your feelings and notice the risks you are taking in goal achievement. Congratulate your courageous self. Then, **ALLOW** any discomfort to dissolve. Determine your next action step and move on with your day.