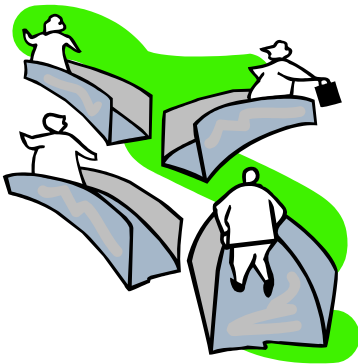




WeMentor Self-Awareness Journal

DATE: _____

Directions: This journal is designed to support the development of a calm, clear, and stable mind, enabling us to recognize our thoughts, emotions, and impulses. Understanding the storyline, sensations, and feeling tone of our emotions helps us maintain inner balance, allowing us to focus at work and be fully present in relationships. You have permission to feel deeply and think, act, and lead more clearly and effectively—circle how you feel, as many feelings as you are experiencing right now. Remember, thoughts and feelings are **not** who we are. Feelings are constructed in our brains. They give us signals to help us meet our needs and stay alive.



Emotions of Inner Peace – expand thoughts and increase experiences that engage and amplify these feelings.

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

Emotions of Internal Challenges and Growth – are opportunities for us to shift our perspective and focus on what is needed to strengthen who we are by evolving with what we learn.

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 – focus on healing, forgiveness, and reconnection with self and others.

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 – Find out what is happening within you (shame?) and 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

What have you become aware of after identifying your feelings?

What is the next best step you can take right now?