Day #1

Emotion Identification

1) Select the emotions you experience on a regular basis:

- [ ] **Stress** - have too much 'on your plate'
- [ ] **Fear** - something 'bad' may happen in the future
- [ ] **Inadequacy** - I am not good enough
- [ ] **Anger** - something is unfair and/or someone did something unfair
- [ ] **Guilt** - I did something unfair
- [ ] **Loneliness** - lack valuable connection
- [ ] **Sad** - lost something valuable
- [ ] **Bored** - lack excitement and/or challenge

2) For each emotion you selected, list the factors in your life that are causing you to feel that way (people, places, events, circumstances, etc..)

Daily Reflection - Main take aways from today's video & activity:

© Find Peace Now