



FEELINGS JOURNAL PAGE

A Guide to Emotional Reflection and Self-Discovery

Welcome to your **Feelings Journal Page**, a serene space for reflection and self-discovery. This page is designed with calming colors like pastel blues, lavender, sage green, and warm neutrals to create a soothing atmosphere. Let's embark on a journey through your emotions with gentle prompts and plenty of space for your thoughts.

How am I feeling today?

Take a moment to pause and reflect. Use this space to write or draw your feelings. Remember, it's okay to express whatever you are experiencing.

Name Your Emotions

Explore your emotions by naming them. Use the mood icons or checkboxes below to identify what you're feeling:

- Happy
- Sad
- Angry
- Anxious
- Relaxed
- Confused
- Excited
- Tired

Feel free to add your own emotions if needed.

What Happened Today?

Reflect on the events of the day. What stood out to you? Write about any notable moments that impacted your mood.

What Thoughts Are on My Mind?

Let's dive deeper into your thoughts. What's been occupying your mind? Use this space to untangle your thoughts and gain clarity.

How Did My Body Feel?

Listen to your body. Describe any physical sensations you experienced today. Recognizing these feelings can help in understanding your emotional state.

What Helped Me Cope?

Identify the things or activities that helped you manage your emotions today. It could be a person, a place, or an action.

What Do I Need Right Now?

Consider what you need at this moment to feel supported or comforted. It might be rest, connection, or a creative outlet.

One Positive Moment or Gratitude

End your reflection on a positive note. Recall one uplifting moment from today or something you are grateful for. This practice can nurture a sense of appreciation. (Even the smallest moments count)

“Your feelings deserve to be heard.”
