Emotions Journal With Trackers



Crafting Your Path to Emotional Wellness

SELECT AND PRINT THE PAGES YOU WANT TO USE FOR JOURNALING AND TO TRACK YOUR MOOD.

TO FULLY HARNESS THE POTENTIAL OF THE MINDFULNESS JOURNAL, CONSIDER THESE STEPS:

1.DAILY CHECK-INS: START EACH DAY WITH A BRIEF MOMENT TO ASSESS YOUR EMOTIONS. USE THE EMOTION TRACKER TO NOTE YOUR FEELINGS AND OBSERVE ANY PATTERNS OVER TIME.

2. REFLECT AND REVIEW: USE THE JOURNAL TO REFLECT ON THE HIGHS AND LOWS AT THE END OF EACH WEEK

REVIEW YOUR ENTRIES.

3.SET INTENTIONS: USE THE JOURNAL TO SET DAILY OR WEEKLY INTENTIONS. WRITE AFFIRMATIONS THAT COUNTER ANY NEGATIVE BELIEFS AND REINFORCE POSITIVE ONES.

4. SENSORY SUPPORT: ENHANCE YOUR JOURNALING WITH ESSENTIAL OILS. DIFFUSE THEM AS YOU WRITE, OR APPLY THEM TO PULSE POINTS TO CREATE A CALMING ATMOSPHERE THAT SUPPORTS EMOTIONAL CLARITY.

Beyond Possibilities

Uplift, Inspire, Empower, & Educate

EMOTION

This Book Belongs To



Emotion Definitions

Happiness & Joy

- Ebullient Overflowing with enthusiasm and energy.
- Serene Calm, peaceful, and untroubled.
- Tickety-boo (British) Everything is going smoothly.
- Chuffed (British) Pleased or proud.
- Forelsket (Norwegian) The euphoria of first falling in love.
- Jubilant Overjoyed and triumphant.
- Over the moon Extremely happy.
- On cloud nine Experiencing deep joy.
- Aglow Radiating happiness.
- Meraki (Greek) Pouring heart and soul into something.

Caring & Affection

- Adoring Expressing deep love and admiration.
- Cherishing Holding someone or something dear.
- Affectionate Showing warmth and tenderness.
- Compassionate Deeply understanding and caring for others.
- Kilig (Tagalog) That butterflies-in-the-stomach feeling of romance.
- Mudita (Sanskrit) Taking joy in others' happiness.
- Heartwarming Emotionally uplifting and comforting.

Sadness & Depression

- Melancholy A reflective sadness, often without an obvious cause.
- Hiraeth (Welsh) A deep longing for something lost.
- Saudade (Portuguese) A nostalgic longing mixed with fondness.
- Lugubrious Excessively mournful or gloomy.
- Poignant Deeply emotional and bittersweet.
- Bereft Feeling deeply lost or deprived.
- Crestfallen Downhearted and disappointed.
- Alienated Feeling cut off from others.

Emotion Definitions

Fear & Anxiety

- Apprehensive Feeling nervous about something coming.
- Iktsuarpok (Inuit) The anticipation of someone's arrival, causing frequent checking.
- Torschlusspanik (German) Fear of missed opportunities.
- Jittery Nervous and unable to relax.
- Tense Feeling mentally or physically strained.
- Panic-stricken Overcome with sudden fear.
- Worried sick Intensely anxious.

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Confusion & Uncertainty

- Discombobulated Confused or thrown off balance.
- Nonplussed Surprised and unsure how to react.
- Befuddled Completely puzzled.
- Adrift Lacking direction or purpose.
- Blurred Unclear in thought or perception.

Hurt & Vulnerability

- Aching A deep emotional pain.
- Anguished Experiencing extreme distress.
- Belittled Feeling small or unworthy.
- Crushed Emotionally devastated.
- Abused Deeply wounded emotionally or physically.

Anger & Frustration

- Belligerent Aggressive and confrontational.
- Bitter Holding resentment.
- Burned up Intensely angry.
- Enraged Filled with extreme anger.
- Seething Silently fuming with anger.

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Emotion Definitions

Loneliness & Isolation

- Fernweh (German) Longing for distant places, the opposite of homesickness.
- Abandoned Feeling left behind.
- Alone Completely without company.
- Cut off Emotionally disconnected.

Regret & Remorse

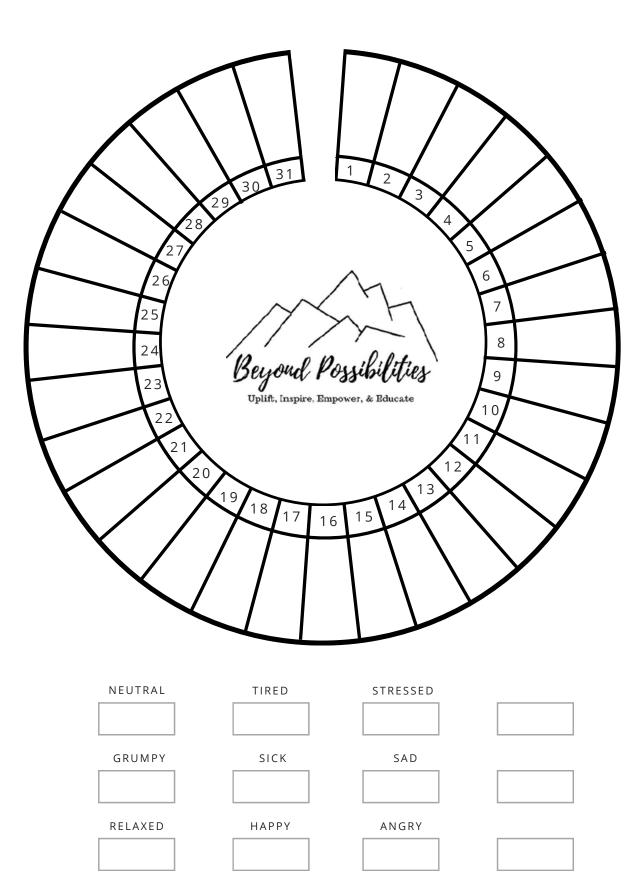
- Ashamed Feeling guilty about one's actions.
- Crestfallen Deeply disappointed in oneself.
- Contrite Deeply remorseful and seeking forgiveness.
- Apologetic Expressing regret for wrongdoing.

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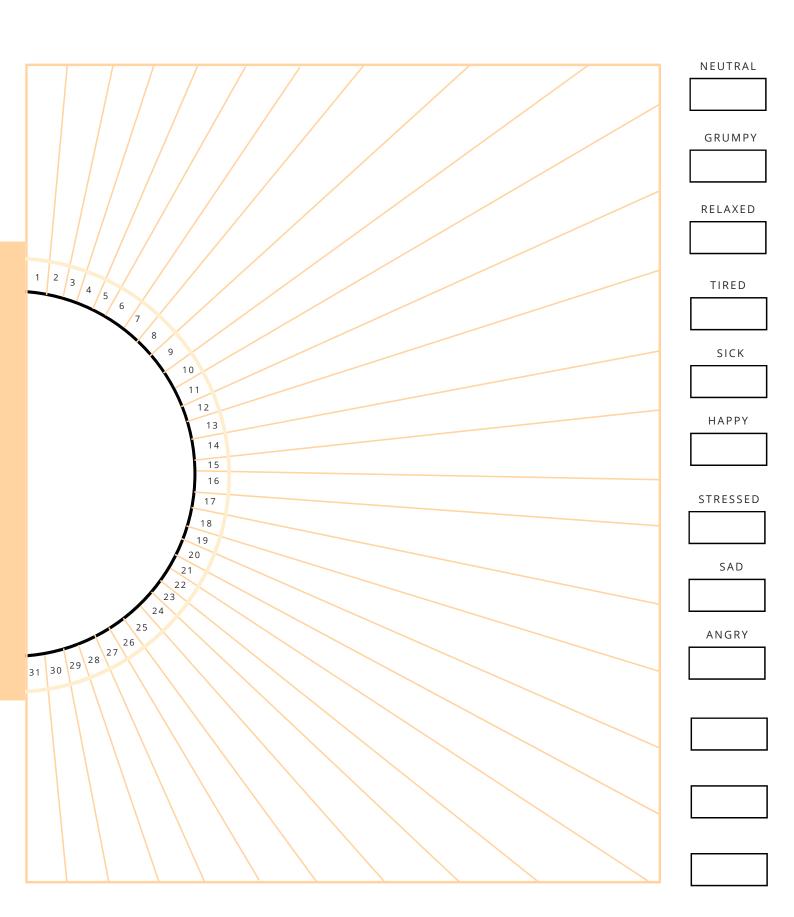
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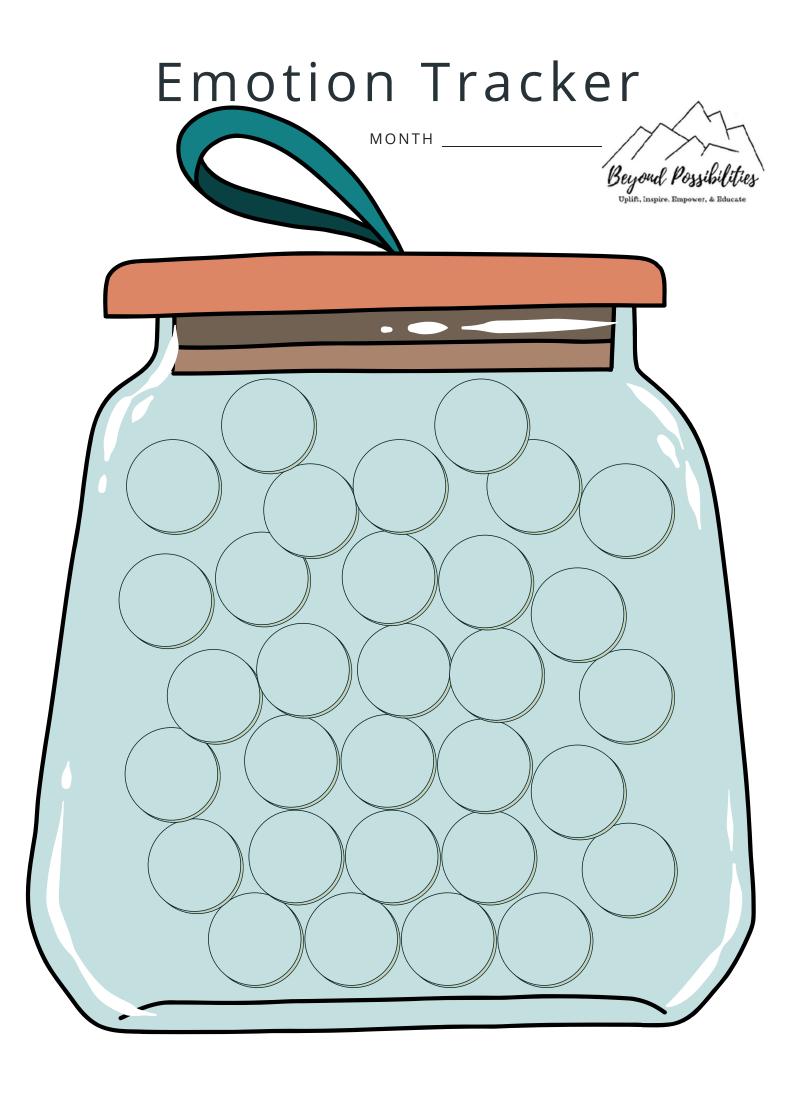
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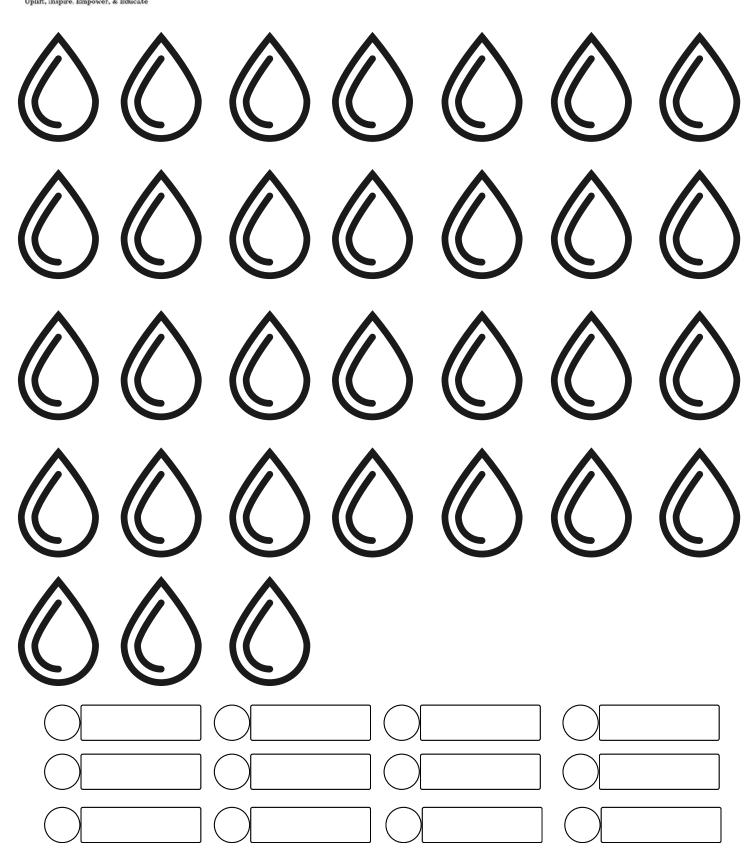


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