

Emotional Check-in

Complete this worksheet when you want to change your plan.
(Changing your plan is always emotional)

Date: _____ Time: _____ # of 100 _____

What I want to do that is not part of my plan?
What was going on right before I had this thought?
What emotions came up when this happened? (One word feeling answers)

Which emotion was the most powerful?	
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> SET A TIMER FOR 2 MINUTES AND JUST SIT WITH THE FEELING <

What part of the body am I experiencing the emotion? (Chest, stomach, head etc.)	Describe the emotion in detail: (Imagine you are describing the emotion in detail to an alien who couldn't experience feelings.)
What will happen to me if I don't react to this emotion by choosing to comfort with food?	
What will happen to me if I react to this emotion?	
The compelling reason to stick to my plan is:	
Now that I have fully processed this emotion, where can I focus my attention instead?	

Happiness is the joy you feel striving for your potential - Shawn Achor