

Emotions and Feelings

Check-In

Understanding our emotions and being able to express them is an important part of emotional health. Use this worksheet to check in with yourself regularly and reflect on your current feelings.

- How am I feeling right now? (Circle all that apply)



Happy



Hopeful



Excited



Sad



Angry



Tired

- Other: _____

- Why do I feel this way?

- What can I do about it? (If I want to keep feeling this way or If I want to change my mood, what can I try?)

Self-Care Plan

- One thing I can do to take care of myself today

- What did I learn about myself today?

