

Daily Emotional Patterns Checklist

Print seven copies and use one for each day.

Begin Date: Day: 1 2 3 4 5 6 7

Emotions to Monitor

Check The Emotions You Experienced Today.
(Based on conversations and interactions. Note any judgments.)

Family Friends Neighbors News Business/ Work
Stories Professional

- Love
- Joy or Happiness
- Inspiration/Hope
- Acceptance and/or Understanding
- Willingness/Optimism
- Neutrality/Trust
- Anger, Frustration, Resentment
- Fear/Anxiety
- Grief/Regret
- Guilt/Blame
- Shame/Humiliation
- Other _____

Conversations: Monitor your conversations during the day. Notice with whom you spoke, and use the checklist to track how you felt. Note any judgments you made.

	Topic	Time of Day	Judgment? Yes/No	Low Blood Sugar? Y/N
Family				
Friends				
Neighbors				
Business/ Professional				

News: If you listened to, watched, or read the news, note how you felt afterward. Note stories that left you feeling good or left you in fear or feeling sad.

- Overall Feeling
- Feel-Good Stories
- Fearful or Sad Stories

Did you have any negative triggers with people of authority? If so, describe: YES/NO

Emotional Patterns Recap

At the end of the week, note any patterns you discovered.

1	Were your emotional patterns more positive or more negative this week? Describe.
2	Were there people with whom you had more positive patterns this week?
3	Were there people with whom you had more negative patterns this week?
4	Which types of news stories created positive reactions for you?
5	Were there any correlations between positive conversations and your prosperity (discounts, bonuses, gifts, more/less income, higher/lower expenses, etc.)?
6	Were there any correlations between challenging conversations and unexpected expenses or lower income?
7	Are there any relationship or emotional patterns you would like to shift?