

Emotional Check-In Tool

This is a tool to help pause reactive patterns and reconnect with what's actually going on beneath the surface:

1. MOOD

- What emotion am I feeling (even if it's messy or unclear)?
- Where do I feel it in my body?

2. THOUGHT

- What thought is looping or driving that emotion?
- Is it true? Is it helpful?

3. ACTION

- What do I usually *do* with this emotion?
- What could I do differently, even 5%?

This helps shift you from autopilot to awareness.