

Emotional Check In Daily Writing Sheet: A.E.I.O.U.

A: Was I angry or resentful about today? **Anger= Expectations- Realizations.** What expectations did I have that were not met? How did I respond? What could I do differently to feel less angry about the situation?

E: What were my other emotions? For example: bored, irritable, afraid, sad, anxious and any other emotion that I am struggling with. It can be helpful to have a list of emotions to choose from. In particular, focus on fear: was I afraid of not getting what I want? Was I afraid of losing something that I have? This is important because we are designed in such a way that we can only feel one emotion at a time. Fear is the opposite of faith. Therefore, when we strengthen our faith, we reduce our fear.

I: What did I do for myself today? This is the time to look at self care activities.

O: What did I do for others today? This is about getting out of oneself and thinking about others. It is about avoiding selfishness, self absorption and crating empathy. What did you do that was kind, tolerant and caring towards others today? Suggestion: make the commitment to practice one daily act of kindness a day. Consider it one of your daily goals. Higher level; do something kind for someone that you don't like. Make it anonymous.

U: What do I have unresolved? This could also include: what could I have done better? What areas would I like to improve upon?