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Observe How You Are Feeling In This Moment

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Journaling tips

Pause.....

Take a moment and document how you feel at this moment.

Decipher stories from facts.

How am I feeling in this moment?	
What is causing the feeling?	
What about my feeling is a story vs a fact?	
	Pro tip
	Identifying your feelings help you set boundaries for non-healthy situations or engage more in situations that

bring happiness.