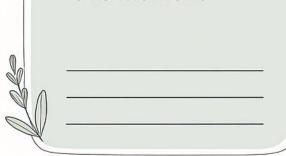
Daily Emotional Check-In



What triggered this feeling?

this moment—



What do I need at this moment rest, reassurance, release?

What kind words can I offer myself right now?

One thing I can do today to care for myself is: