Feelings Starter Kit

Your Name

4 pages to get to know yourself
Print at home

HELLO
I’m
EMOTIONALLY MATURE
SELF CHECK-IN

1. Have you checked in with yourself today?
   a) Yes
   b) No

2. How are you feeling today, really?
   a) :)
   b) :(  
   c) :/  

3. Lately, I’ve had
   a) More good days
   b) More bad days

4. Circle the word that relates to you the most.
   • I feel (stressed/excited) to go to parties.
   • I want to (stay in/go out) on Friday night.
   • When I’m angry, it usually means I’m (hurt/hungry).
5. How often do you check in with yourself?
   a) Always
   b) Sometimes, I guess
   c) Rarely—I never think about it

6. Name 3 things that made you happy today.
   1. ____________________________
   2. ____________________________
   3. ____________________________

7. What’s your excuse to avoid going out? (we need ideas)

   ______________________________
   ______________________________
   ______________________________

8. What does lonely mean to you?
   a) Being alone
   b) Being around people who don’t understand you
   c) Feeling FOMO when you see what others are doing
   d) All of the above
   e) Other: ____________________________

9. How burnt out do you feel right now? (fill in your percentage)
   0% ______ 100%

10. I feel _______________________ about the future.
**WEEKLY FEELING FORECAST**

Color in your mood for each day of the week.

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HOW ARE YOU FEELING NOW?

USE THIS SPACE TO WRITE YOUR THOUGHTS.
Stop apologizing.

NORMALIZE EMOTIONS

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4 pages to get to know yourself
8.5 in x 11 in • College Ruled

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