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# Emotion Journal

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A 30-Day Guided Journal



Daily Entry

Created with LoomJournals

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# How to Use This Journal

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Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns

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- Name the emotions you experienced — be specific: frustrated, anxious, content, proud
  - Scan your body and note physical sensations linked to those feelings
  - Identify the trigger: what event, thought, or person sparked this emotion?
  - Reflect on how you coped — what helped and what didn't
  - Ask what this emotion is teaching you about your needs or values
  - Close with a moment of gratitude, even if today was hard



Scan for a detailed guide on how to use this journal

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