

MONTH OF MASTERY

4 weeks of Emotional Growth Challenges for Grown Ups



WELLNESS WISDOM:

Taking time to be aware and reflect on your emotions is a great gift to yourself. Building an understanding of your current emotional set point is what will allow you to make intentional changes have a profound effect on the children you are modeling for.

WEEK 1: SELF AWARENESS

● **Overarching Goal:**

Develop a deeper understanding of your own emotions.

● **Task:**

Start an emotion journal. Each day, write down the emotions you felt throughout the day, what triggered them, and how you responded. Reflect on patterns and insights at the end of the week.

● **Proactive Process:**

1. Identify Your Emotions & Recognize Triggers:

- At the end of each day, take a few moments to reflect on the emotions you experienced, and write them down no matter how minor or significant they seemed. For each one, identify what triggered that emotion. Consider the events, interactions, or thoughts that led to the emotional response.

2. Analyze Your Responses & Look for Patterns:

- Reflect on how you responded to each emotion. Note whether your response was constructive or if there were areas for improvement. At the end of the week, review your journal and look for patterns or recurring triggers and responses.

● **Personal Reflection:**

- What did I learn about my emotions? How can I apply these insights to future situations?

