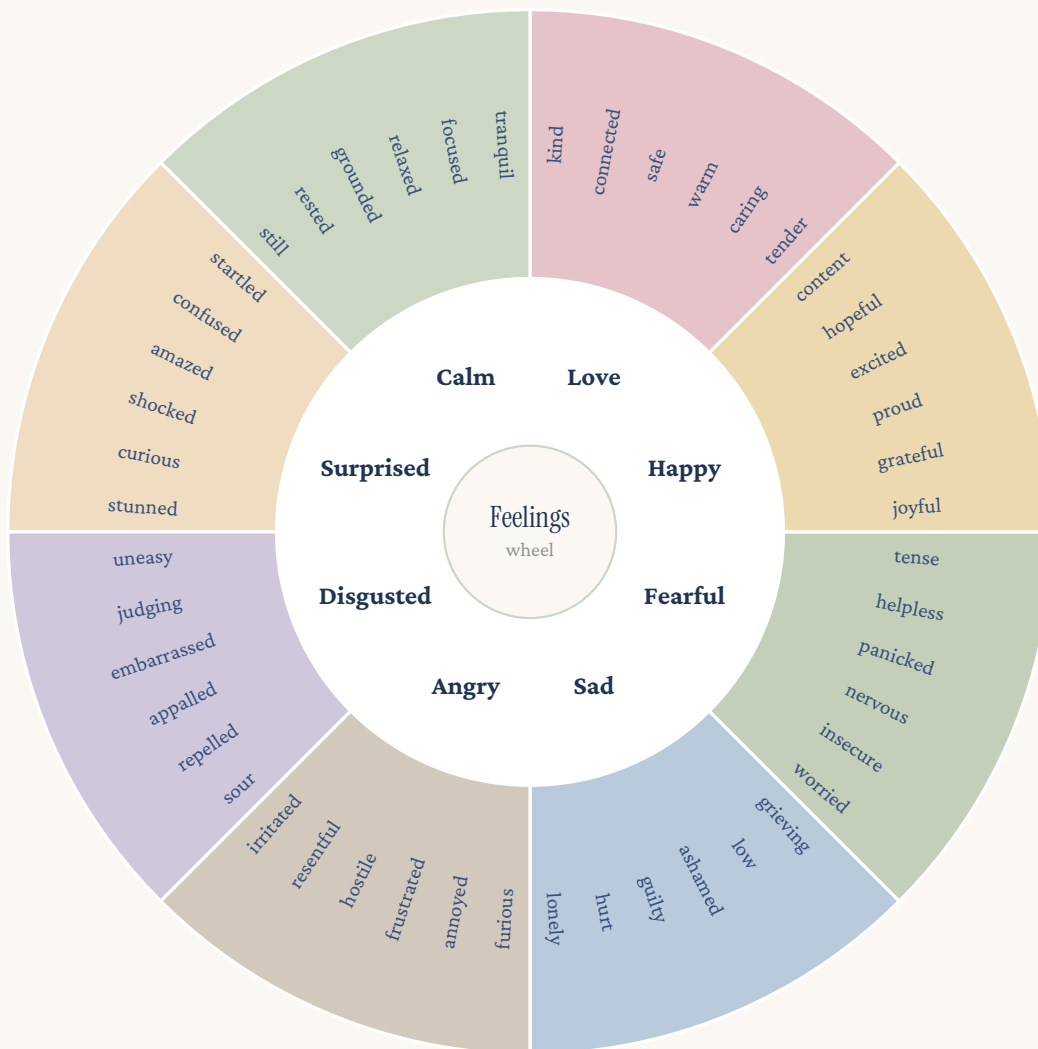


How Am I Feeling?



Date: _____

Begin in the inner circle and find the core feeling that fits best, then move outward to name it more specifically. Circle as many as you need — there is no wrong answer here.



Today I am feeling...

Notice, Receive, Respond



What is my body experiencing?

Sensations — tension in the shoulders or jaw, tightness in the chest, restlessness, fatigue, warmth, ease.

What can I do to give myself a brief moment of self-care or self-kindness today?

One small, kind step — five slow breaths, fresh air, water, one worship song, a gratitude list, a text to a friend.

How have I seen God at work in my life?

Look for the small and the ordinary: a moment of peace, a kind word, unexpected strength, beauty you noticed.

One way my coping today became worship:

“Cast all your anxiety on him because he cares for you.”

1 PETER 5:7