

Journal Prompt

Day 2: Emotional Intelligence

Take 5 minutes today to tune in to whatever emotion(s) you are feeling in the moment. Bring your full attention to the emotion and get curious about it. Rather than thinking about it, just observe the emotion and pay attention to the physical sensation of it. Find a comfortable, quiet place where you can sit with no distractions. Close your eyes, breathe, and observe your inner experience like a curious scientist collecting data:

- *Where is the feeling? In what parts of the body?*
- *What size is the feeling? What are its edges?*
- *Does the feeling have a color? Does the color change at all over time?*
- *Does the feeling have a shape? Does the shape change at all over time?*
- *Is the feeling heavy or light? Hard or soft? Rough or smooth? What would it feel like if you could touch it with your hands?*
- *What is the feeling? Does it have a name? (Give it a descriptive name, like *Belly Tightness, or Purple Tingle, or Elephant on my Chest—whatever fits your experience.*)*

After spending 5 minutes observing the feeling, slowly open your eyes, bring your attention back to the room, and take a few minutes to journal about the experience. Reference your feelings list if that's helpful! Continue to do this exercise day after day, getting to know your different emotions. The more you practice, the more attuned you'll become to your inner experience!



Lined writing area with 25 horizontal lines.

