



Become aware of your feelings and reactions

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Print this out and for the next three days, before you go to bed, think through your day - write down your thoughts and reactions here.

Try to be as clear as possible.

Be aware and take note: When do I react, in what situations?

- Time of day? - At home? - At work? - Together with the same person?

- When I am with people or when I am alone?

Day 1

Day 2

Day 3

Be aware and take note: How do I react?

Do I get...

- Worried? - Sad? - Angry? - Frustrated? - Tired? - Hurt?

Day 1

Day 2

Day 3

Be aware and take note: Why do I react?

What makes me react this way?

- When I am worried? - Tired? - Feeling thin-skinned?
- When I am tired? - Hungry? - Stressed?

Day 1

Day 2

Day 3



It is essential to become aware of your reactions and feelings for you to be able to change them.

Keep in mind that there are no right or wrong feelings and reactions, it's just reactions.

Learn how to discover and recognize your patterns.

Next time we are going to work with the results of this journal.

To put An End to your Stress and your Worries, to live in balance and well-being in everyday life - it is quite possible.

You can change your life.

Warmly

Susanne Jonsson

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