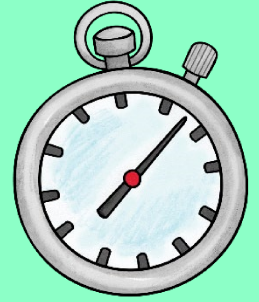


5 Steps for a Daily Emotions Check-In

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P

Pause and breathe for a moment.



A

Ask yourself how you feel.



S

Say the emotion words out loud or write them on paper.



T

Think about your feelings. Sit with them and let them be.



A

Ask yourself what you need. Say or list what could help you move forward.

