



Emotions and Events Journal

Keeping a personal journal that explores your daily experiences and the emotions associated with the experiences helps to increase emotional grit and resilience. The more you understand how your emotions influence your motivation as well as how certain activities influence your mood, the more you can build a growth-mindset that can help you reach your goals.

Reflect each day on the following prompts and begin to notice the link between life events and emotion. You may not experience every emotion each day, and you can write in additional emotions that you felt as well.

Today I noticed I was happy when...	Today I noticed I was sad when...
Today I noticed I was angry when...	Today I noticed I was anxious when...
Today I noticed I was irritated when...	Today I noticed I was peaceful when...
Today I noticed I was uncomfortable when...	Today I noticed I was motivated when...
Today I noticed I was _____ when...	Today I noticed I was _____ when...