



A 30-DAY EMOTION EXPLORATION



THE KEITT INSTITUTE



# welcome

Are you ready to embark on a journey towards better well-being, increased emotional intelligence, and improved control over your emotions?

## Emotions are Your Superpower!

You know what's unique about emotions? They're a part of us, every single day. They can be joyous, confusing, intense, or subtle – a rollercoaster of feelings. And that's completely okay!

*But here's the exciting part: You have the power to understand and control your emotions.*

Mood Map is your secret weapon. It's not just a diary; it's your personal compass to navigate the sea of feelings. By jotting down your emotions and their triggers, you'll uncover patterns you never knew existed.





# moodmap

A 30-DAY EMOTION EXPLORATION

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## morning check-in

What I'm feeling and why I feel that way

Emotion	Thought/Why I Feel This Way

## afternoon check-in

What I'm feeling and why I feel that way

Emotion	Thought/Why I Feel This Way

## evening check-in

What I'm feeling and why I feel that way

Emotion	Thought/Why I Feel This Way

## morning check-in

What I'm feeling and why I feel that way

Emotion	Thought/Why I Feel This Way

## afternoon check-in

What I'm feeling and why I feel that way

Emotion	Thought/Why I Feel This Way

## evening check-in

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Emotion	Thought/Why I Feel This Way

## morning check-in

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Emotion	Thought/Why I Feel This Way

## afternoon check-in

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Emotion	Thought/Why I Feel This Way

## evening check-in

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