



WITHIN

14-Day Emotional *Awareness Journal*

LEVEL 1 / NOTICE

Three gentle moments each day to listen to your emotions and your body.
There is nothing to fix - only something to notice.

THIS JOURNAL BELONGS TO

WELCOME

Noticing is the practice.

Emotional awareness begins before explanation or action. For the next 14 days, pause three times a day and record what is present without judging it.

01

Pause

Take one slow breath. Let your attention arrive in your body.

02

Notice

Choose the emotion, body location, and sensations or nervous-system states that feel closest.

03

Name

Record intensity, energy, and anything else you want to remember.

A FEW GENTLE AGREEMENTS

There are no wrong emotions. "Numb" and "unsure" are valid answers. You may skip any prompt. This journal supports reflection; it is not a crisis or diagnostic tool.

My intention for these 14 days

TWO WAYS TO PRACTICE

Use the journal or the interactive tracker.

Choose the format that fits the moment. You can move between them at any time; both use the same morning, afternoon, and evening rhythm.

OPTION 1

Continue in this journal

Print these pages or type into the fillable fields. Use the weekly reflections to look for patterns.

OPTION 2

Open the interactive tracker

Select the button below to open the tracker directly in your phone or computer browser. No ChatGPT account, file download, or unzipping is required. Entries remain in that browser on that device.

[OPEN INTERACTIVE TRACKER](#)

Opens the tracker in your browser

IMPORTANT

The interactive tracker is a personal reflection tool for collecting information and building awareness. It does not send entries anywhere. You may use Backup data or Export CSV to keep a copy, but exported files may contain sensitive information and should be stored privately. This tool does not guarantee HIPAA compliance and should not be used for emergencies.

KEEP NEARBY

Words to help you notice.

Use these as starting points, not rules. Pick the closest word, or write your own.

PLEASANT / OPEN

- calm
- content
- hopeful
- joyful
- playful
- proud
- relieved
- tender
- connected
- curious

UNPLEASANT / ACTIVATED

- angry
- anxious
- afraid
- frustrated
- irritable
- jealous
- overwhelmed
- restless
- stressed
- worried

UNPLEASANT / LOW ENERGY

- disappointed
- discouraged
- empty
- grieving
- heavy
- lonely
- numb
- sad
- tired
- withdrawn

BODY LOCATIONS

HEAD

FACE / JAW

THROAT

SHOULDERS

CHEST

STOMACH

BACK

ARMS / HANDS

HIPS / PELVIS

LEGS / FEET

WHOLE BODY

NOT SURE

BODY SENSATIONS / NERVOUS-SYSTEM STATES

WARM

LIGHT

TINGLY

FLUTTERY

TIGHT

HEAVY

RESTLESS

SHAKY

NUMB

HOLLOW

BUZZING

ACHING

OVERSTIMULATED

[EXPLORE THE FEELINGS WHEEL](#)

Use the interactive wheel to find a more precise emotion word.

DAY 1

Pause. Notice. Name what is here.

Date

MORNING

At the start of the day

Emotion(s)

Body location(s)

Sensation(s) / state(s)

Intensity 1-10

Energy 1-10

A thought, need, or what stirred this

AFTERNOON

A pause in the middle

Emotion(s)

Body location(s)

Sensation(s) / state(s)

Intensity 1-10

Energy 1-10

A thought, need, or what stirred this

EVENING

As the day closes

Emotion(s)

Body location(s)

Sensation(s) / state(s)

Intensity 1-10

Energy 1-10

A thought, need, or what stirred this

One thing I noticed today

DAY 2

Pause. Notice. Name what is here.

Date

MORNING

At the start of the day

Emotion(s)

Body location(s)

Sensation(s) / state(s)

Intensity 1-10

Energy 1-10

A thought, need, or what stirred this

AFTERNOON

A pause in the middle

Emotion(s)

Body location(s)

Sensation(s) / state(s)

Intensity 1-10

Energy 1-10

A thought, need, or what stirred this

EVENING

As the day closes

Emotion(s)

Body location(s)

Sensation(s) / state(s)

Intensity 1-10

Energy 1-10

A thought, need, or what stirred this

One thing I noticed today

DAY 3

Pause. Notice. Name what is here.

Date

MORNING

At the start of the day

Emotion(s)

Body location(s)

Sensation(s) / state(s)

Intensity 1-10

Energy 1-10

A thought, need, or what stirred this

AFTERNOON

A pause in the middle

Emotion(s)

Body location(s)

Sensation(s) / state(s)

Intensity 1-10

Energy 1-10

A thought, need, or what stirred this

EVENING

As the day closes

Emotion(s)

Body location(s)

Sensation(s) / state(s)

Intensity 1-10

Energy 1-10

A thought, need, or what stirred this

One thing I noticed today

DAY 4

Pause. Notice. Name what is here.

Date

MORNING

At the start of the day

Emotion(s)

Body location(s)

Sensation(s) / state(s)

Intensity 1-10

Energy 1-10

A thought, need, or what stirred this

AFTERNOON

A pause in the middle

Emotion(s)

Body location(s)

Sensation(s) / state(s)

Intensity 1-10

Energy 1-10

A thought, need, or what stirred this

EVENING

As the day closes

Emotion(s)

Body location(s)

Sensation(s) / state(s)

Intensity 1-10

Energy 1-10

A thought, need, or what stirred this

One thing I noticed today

DAY 5

Pause. Notice. Name what is here.

Date

MORNING

At the start of the day

Emotion(s)

Body location(s)

Sensation(s) / state(s)

Intensity 1-10

Energy 1-10

A thought, need, or what stirred this

AFTERNOON

A pause in the middle

Emotion(s)

Body location(s)

Sensation(s) / state(s)

Intensity 1-10

Energy 1-10

A thought, need, or what stirred this

EVENING

As the day closes

Emotion(s)

Body location(s)

Sensation(s) / state(s)

Intensity 1-10

Energy 1-10

A thought, need, or what stirred this

One thing I noticed today

DAY 6

Pause. Notice. Name what is here.

Date

MORNING

At the start of the day

Emotion(s)

Body location(s)

Sensation(s) / state(s)

Intensity 1-10

Energy 1-10

A thought, need, or what stirred this

AFTERNOON

A pause in the middle

Emotion(s)

Body location(s)

Sensation(s) / state(s)

Intensity 1-10

Energy 1-10

A thought, need, or what stirred this

EVENING

As the day closes

Emotion(s)

Body location(s)

Sensation(s) / state(s)

Intensity 1-10

Energy 1-10

A thought, need, or what stirred this

One thing I noticed today

DAY 7

Pause. Notice. Name what is here.

Date

MORNING

At the start of the day

Emotion(s)

Body location(s)

Sensation(s) / state(s)

Intensity 1-10

Energy 1-10

A thought, need, or what stirred this

AFTERNOON

A pause in the middle

Emotion(s)

Body location(s)

Sensation(s) / state(s)

Intensity 1-10

Energy 1-10

A thought, need, or what stirred this

EVENING

As the day closes

Emotion(s)

Body location(s)

Sensation(s) / state(s)

Intensity 1-10

Energy 1-10

A thought, need, or what stirred this

One thing I noticed today

LOOK BACK GENTLY

What patterns are becoming visible?

Review the past seven days with curiosity. You are gathering clues, not grading yourself.

The emotions I noticed most often

The body locations, sensations, or nervous-system states that returned

A time of day that felt different from the others

Something that seemed to affect my intensity or energy

One thing I want to keep noticing next week

Patterns are information, not verdicts.

DAY 8

Pause. Notice. Name what is here.

Date

MORNING

At the start of the day

Emotion(s)

Body location(s)

Sensation(s) / state(s)

Intensity 1-10

Energy 1-10

A thought, need, or what stirred this

AFTERNOON

A pause in the middle

Emotion(s)

Body location(s)

Sensation(s) / state(s)

Intensity 1-10

Energy 1-10

A thought, need, or what stirred this

EVENING

As the day closes

Emotion(s)

Body location(s)

Sensation(s) / state(s)

Intensity 1-10

Energy 1-10

A thought, need, or what stirred this

One thing I noticed today

DAY 9

Pause. Notice. Name what is here.

Date

MORNING

At the start of the day

Emotion(s)

Body location(s)

Sensation(s) / state(s)

Intensity 1-10

Energy 1-10

A thought, need, or what stirred this

AFTERNOON

A pause in the middle

Emotion(s)

Body location(s)

Sensation(s) / state(s)

Intensity 1-10

Energy 1-10

A thought, need, or what stirred this

EVENING

As the day closes

Emotion(s)

Body location(s)

Sensation(s) / state(s)

Intensity 1-10

Energy 1-10

A thought, need, or what stirred this

One thing I noticed today

DAY 10

Pause. Notice. Name what is here.

Date

MORNING

At the start of the day

Emotion(s)

Body location(s)

Sensation(s) / state(s)

Intensity 1-10

Energy 1-10

A thought, need, or what stirred this

AFTERNOON

A pause in the middle

Emotion(s)

Body location(s)

Sensation(s) / state(s)

Intensity 1-10

Energy 1-10

A thought, need, or what stirred this

EVENING

As the day closes

Emotion(s)

Body location(s)

Sensation(s) / state(s)

Intensity 1-10

Energy 1-10

A thought, need, or what stirred this

One thing I noticed today

DAY 11

Pause. Notice. Name what is here.

Date

MORNING

At the start of the day

Emotion(s)

Body location(s)

Sensation(s) / state(s)

Intensity 1-10

Energy 1-10

A thought, need, or what stirred this

AFTERNOON

A pause in the middle

Emotion(s)

Body location(s)

Sensation(s) / state(s)

Intensity 1-10

Energy 1-10

A thought, need, or what stirred this

EVENING

As the day closes

Emotion(s)

Body location(s)

Sensation(s) / state(s)

Intensity 1-10

Energy 1-10

A thought, need, or what stirred this

One thing I noticed today

DAY 12

Pause. Notice. Name what is here.

Date

MORNING

At the start of the day

Emotion(s)

Body location(s)

Sensation(s) / state(s)

Intensity 1-10

Energy 1-10

A thought, need, or what stirred this

AFTERNOON

A pause in the middle

Emotion(s)

Body location(s)

Sensation(s) / state(s)

Intensity 1-10

Energy 1-10

A thought, need, or what stirred this

EVENING

As the day closes

Emotion(s)

Body location(s)

Sensation(s) / state(s)

Intensity 1-10

Energy 1-10

A thought, need, or what stirred this

One thing I noticed today

DAY 13

Pause. Notice. Name what is here.

Date

MORNING

At the start of the day

Emotion(s)

Body location(s)

Sensation(s) / state(s)

Intensity 1-10

Energy 1-10

A thought, need, or what stirred this

AFTERNOON

A pause in the middle

Emotion(s)

Body location(s)

Sensation(s) / state(s)

Intensity 1-10

Energy 1-10

A thought, need, or what stirred this

EVENING

As the day closes

Emotion(s)

Body location(s)

Sensation(s) / state(s)

Intensity 1-10

Energy 1-10

A thought, need, or what stirred this

One thing I noticed today

DAY 14

Pause. Notice. Name what is here.

Date

MORNING

At the start of the day

Emotion(s)

Body location(s)

Sensation(s) / state(s)

Intensity 1-10

Energy 1-10

A thought, need, or what stirred this

AFTERNOON

A pause in the middle

Emotion(s)

Body location(s)

Sensation(s) / state(s)

Intensity 1-10

Energy 1-10

A thought, need, or what stirred this

EVENING

As the day closes

Emotion(s)

Body location(s)

Sensation(s) / state(s)

Intensity 1-10

Energy 1-10

A thought, need, or what stirred this

One thing I noticed today

LOOK BACK GENTLY

What patterns are becoming visible?

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The emotions I noticed most often

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A time of day that felt different from the others

Something that seemed to affect my intensity or energy

One thing I understand about myself more clearly now

YOUR PATTERN MAP

What did your emotions teach you?

Bring together what you noticed across 14 days. This page can guide a personal reflection or a conversation with your practitioner.

I tend to feel...

I tend to feel it in these body locations...

The sensations or nervous-system states often feel like...

It seems more likely when...

The need underneath may be...

A supportive response I want to try...

BRING AWARENESS INTO CONVERSATION.

A page for your next session.

You can complete this before meeting with your therapist, coach, counselor, or other practitioner. Share only what feels useful.

The pattern I most want to understand

A moment that surprised me

What I find difficult to name or feel

Support I may need

A question I want to bring to our session

You choose what to share.



You practiced noticing.

That matters. Awareness is not about monitoring yourself perfectly. It is the growing ability to recognize what is here with honesty and care.

NOTICE • CONNECT • CHOOSE

A sentence I want to carry forward

WITHIN / LEVEL 1: NOTICE