



Calm
THE JOURNAL

THE PRACTICE WITH DAPHNE LYON

HOW AM I FEELING RIGHT NOW?

Use the Wheel of Emotions to determine how you feel and write about it in the Heart space.

Notice if the emotion resonates within the body and write about it in the Body space.

Is there a story or thought that goes along with the emotion and feeling? Write about it in the Mind space.

HEART



BODY



MIND



