



7 Day Awareness Journal

Step One to Discovering your
Unique Stress Signature

SOUL *Subscribers* 

TRANSFORMING THE WAY YOU EXPERIENCE
LIFE & BUSINESS

DATE / /

MOOD



Physical Check-in

CURRENT ENERGY LEVEL? SCALE FROM 1 TO 10 =

SLEEP QUALITY? SCALE FROM 1 TO 10 =

ANY SPECIFIC DISCOMFORTS OR PHYSICAL SENSATIONS?

Mental & Emotional Check-in

MAIN EMOTIONS FELT TODAY? LIST ANY SIGNIFICANT EVENTS OR TRIGGERS THAT MIGHT HAVE INFLUENCED MOOD OR STRESS LEVEL.

Stress Observations

HOW DID STRESS MANIFEST TODAY, REFERENCE THE PHYSICAL AND EMOTIONAL CHECK-INS.

Coping Mechanisms Used Today

DID THEY HELP? SCALE FROM 1-10 =

ANY NEW COPING STRATEGIES YOU'D LIKE TO TRY?

Gratitude

NAME ONE THING YOU ARE GRATEFUL FOR TODAY

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