

## EMOTIONAL MATURITY: DAY BY DAY

PART IV



Worksheet 14

**T**hese journal prompts invite you to observe your emotional reactions and the deeper patterns behind them. You don't need to answer every question each day. Choose those that are most relevant to the day's experiences—the moments that touched you, unsettled you, or inspired you.

### REACTIONS

- What unexpected situations arose today, and how did I handle them?

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- Did someone or something irritate me today? How did I react?

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- Did I get angry today? How did I deal with it?

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### RESILIENCE

- Did I experience a personal or professional setback today? How did I respond?

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- Was there a moment today when I transformed an emotional reaction into a constructive response? What helped me make that shift?

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### CONCERNS

- What are my three main worries right now, and how are they affecting my health, work, and relationships?

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### COMPASSION

- In what ways did I help or support others today?

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## HIGHLIGHTS

- What was the highlight of my day?

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- What am I grateful for today?

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## OTHER

- Additional observations that feel important or deserve attention:

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*End your day, or begin the morrow, by writing to or speaking with someone who needs encouragement or support. Offer genuine appreciation, a few kind words, or practical help.*