

Daily Feelings & Awareness Tracker

THE FULL YOU

A daily check-in for naming what is present, understanding what it needs, and choosing one grounded next step.



Date

Energy today

Overall stage

1. Where am I in the Rainbow of Self-Awareness today?

Choose the closest place, not the perfect label. This is a map, not a grade.

☐ Reactive Fog

☐ Letting Go & Leaning In

☐ Noticing Patterns

☐ Questioning Assumptions

☐ Processing Truth

☐ Emotional Regulation Stage guide on page 2

2. What am I feeling right now?

Start with a core feeling, then narrow it down if you can.

My feeling word today

3. What triggered this feeling?

Situation, thought, event, memory, or interaction

4. How did it feel in my body?

☐ Tight chest

☐ Racing thoughts

☐ Clenched jaw

☐ Numb or shut down

☐ Restless energy

☐ Other

Awareness Guide & Pattern Check

THE FULL YOU

Use this second page as a reference, then come back at the end of the week to notice what repeated.



Rainbow Stage Guide

Reactive Fog

fused with the trigger, acting on autopilot

Noticing Patterns

catching the loop and seeing a familiar reaction

Processing Truth

naming what is underneath the reaction

Letting Go & Leaning In

meeting emotion with curiosity

Questioning Assumptions

checking old stories against what is true

Emotional Regulation

anchoring, soothing, and choosing aligned action

5. What do I need right now?

☐ Comfort

☐ Rest

☐ Truth

☐ Connection

☐ Action

☐ Space

6. One aligned next step

Choose one action that fits where you are today. Small is allowed.

Practice I will try

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.....

A sentence I want to carry

.....
.....

Quick Feeling-Word Menu

Angry frustrated, irritated, bitter, resentful, protective

Sad lonely, tender, disappointed, guilty, grieved

Fearful insecure, overwhelmed, exposed, anxious, uncertain

Disgusted avoidant, judgmental, disapproving, uneasy

Happy peaceful, content, excited, proud, grateful

Surprised curious, confused, amazed, startled, open

Weekly Pattern Check

THE FULL YOU

A gentle review page for noticing what repeated and what helped you return to yourself.



Before you review

This is not about grading your week. It is about noticing patterns with honesty and kindness.

Which stage did I visit most often?

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.....

What seemed to trigger that stage?

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.....

What helped me return to presence?

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.....

What do I want to practice next week?

.....

Closing reminder

Track the pattern, not perfection. The goal is not to stay in one stage. The goal is to notice where you are and what helps you return.