

Workshop Worksheet: Feel Your Way Through Life

This worksheet is designed to help you connect more deeply with your emotional guidance system. Use the following prompts and exercises to explore how your emotions can support clarity, alignment, and well-being.

1. Emotional Awareness

Take a few minutes to sit quietly. Bring to mind a current situation or decision in your life. Tune in to your body and emotions.

- What emotions are present right now?
- Where do you feel them in your body?
- If these emotions could speak, what would they say?

2. Daily Emotional Check-In

Each day for a week, take a few minutes to check in with how you feel. Use the table below to track your emotional landscape and what you learn from it.

Date Emotion(s) Felt Physical Sensation Insight or Action

3. Emotion as a Guide

Think about a recent moment when you followed your emotions in deciding.

- What emotion led you?
- What did it feel like in your body?



- What was the outcome?
- What did you learn about yourself?

4. Tuning into Intuitive Wisdom

Sit comfortably and close your eyes. Ask yourself a question that you've been pondering. Then place your hand on your heart and notice what arises.

- What emotion surfaces?
- What message or insight do you receive from this place of feeling?

Closing Reflection

How can you honor your emotions more in daily life? What practices help you stay connected to your emotional truth?

