

DAILY AMOTICONS™ CHECK-IN

Name: _____

Date: _____

Time: [] Morning [] Afternoon

🌟 Circle or point to the Amoticon™ that matches how you feel right now! 🌟

HAPPY

Tappy Happy



Joyful, playful, thankful & ready to tap-dance!



I feel Happy

PROUD

Ride Pride



Confident, shining bright & proud of my goals!



I feel Proud

SCARED / ANXIOUS

Steer Fear



Cautious, worried, but looking for safety & calm.



I feel Fearful

ANGRY / GRUMPY

Hanger Anger



Fiery, frustrated, energetic & needing a break!



I feel Angry

SAD / DOWN

Had Sad



Gentle, quiet, needing a hug & time to heal.



I feel Sad

SHY / EMBARRASSED

Tame Shame



Sensitive, quiet, needing a safe space to restart.



I feel Embarrassed

DISGUSTED / UNEASY

Trust Disgust



Cautious, setting boundaries & trusting my gut.



I feel Disgusted

GUILTY / SORRY

Kilt Guilt



Honest, wanting to make mends & say sorry.



I feel Guilty

JEALOUS / COMPETITIVE

Zealous Jealous



Driven, comparing myself, but trying my best!



I feel Jealous

💬 What is making me feel this way today?

🔥 How strong is this feeling?

Small ① ② ③ ④ ⑤ Big!

Circle 1 (a little) to 5 (very much)

"ALL FEELINGS ARE OKAY! TALK, SHARE & BE KIND TO YOUR HEART TODAY." ❤️