



# Hone Your Inner Compass

## 5 DAY CHALLENGE

### Day 4 - Feel Your Feelings

1. How easy (or difficult) is it for you to express your emotions?
2. What's your story from childhood surrounding emotions? (Some thoughts to get you started -- Was it safe to show your feelings? What were you told about crying?) Let yourself write without filtering.

## LISTEN + KNOW

## What YOUR Body Wants!

3. Take a look at the "Feeling Inventory" document. Then make a list of the feelings that you experience on a daily basis (if you need more room, you the back of this worksheet). Then make a list of the feelings you want to be experiencing on a daily basis.
4. What uncomfortable feelings/thoughts are you experiencing (now or recently)? Make a list of the trigger issues that are coming up (use additional paper as needed). Rate them on a scale of 1-10 (10 being highly emotional/triggering). Practice EFT (Emotional Freedom Technique, also known as "tapping") with each of them one at a time (not necessarily in the same sitting) and then rate the emotion surrounding that "issue" again afterward. Did it change?