



2023 NEW YEAR  
PERSONAL GROWTH GOAL SETTING  
*an idea for you & your children*



# 24 days of emotion discovery!

*<The start of FINDING INNER PEACE journey>*

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# 24 days of emotion discovery!

<The start of FINDING INNER PEACE journey>



1. Notice the feeling of the day during the entire day
2. What triggers that feeling? (Thoughts, events, what you see or heard...)
3. Observe the urge of reactions & the reactions (in your body, words, actions...)

Explore deeper with our journaling prompts

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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1 Happy	2 Sad	3 Peaceful	4 Frustrated	5 Loved	6 Disgusted	7 Amazed
8 Hateful	9 Devoted	10 Overwhelmed	11 Surprised	12 Jealous	13 Grateful-ness	14 Loving
15 Blamed	16 Discouraged	17 Motivated	18 Disappointed	19 Judged	20 Helpless	21 Whole
22 Complete	23 Hurtful	24 Hopeful				





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Journaling Prompts - Read the below statements and write whatever comes up in your mind (let the thoughts flow)



## Tips for parents

While asking your child *how was your day?*, take the opportunity to explore deeper with *What were the feelings you experienced today?* or *What was the strong feeling you had today?*  
The idea is to allow emotions to be expressed with self-awareness and open up a healthy conversation about them.



The way I am expressing this feeling is through...

The intensity of this feeling is...

This feeling means (to me)...

This emotion is not my identity, it is my...

I find accepting this particular feeling is...

For me to totally in peace with this feeling, I would need...

*If this feeling (of the day) is a person,*

Our relationship may be described as...

How would it look like and what would it be saying?

I want to say to this person (or reply)...



*There are always more than 1 way to be with and response to your emotions.  
Happy to have a 20-minute conversation to explore more about you & your emotions,*





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