Wellbeing Emotion Map

Companion to "Wellbeing Muscle"

15 MINUTES

HOW TO USE THIS SHEET

1. Ask one question: how do I want to feel more often than I do now? Not what you want to achieve.
2. Write five to ten emotions that genuinely pull at you. A word from your own life beats the list.
3. For each, one specific moment you already felt it: the actual afternoon, not the category.
4. Then the physical signature: where the warmth was, what released, what your breathing did. This is the column that makes the practice work.

	Emotion your word	**A real moment I felt it** what happened, why it mattered	**Physical signature** where, what released, the breath
1			
2			
3			
4			
5			
6			
7			
8			