



30 DAY
JOURNAL

INTENSITY OF
FEELINGS

HAPPY

SAD

HIGH

Elated
Excited
Overjoyed
Thrilled
Exuberant
Ecstatic
Fired up
Passionate

Depressed
Agonized
Alone
Hurt
Dejected
Hopeless
Sorrowful
Miserable

MEDIUM

Cheerful
Gratified
Good
Relieved
Satisfied
Glowing

Heartbroken
Somber
Lost
Distressed
Let down
Melancholy

LOW

Glad
Contented
Pleasant
Tender
Pleased
Mellow

Unhappy
Moody
Blue
Upset
Disappointed
Dissatisfied

ANGRY

Furious
Enraged
Outraged
Boiling
Irate
Seething
Loathsome
Betrayed

Upset
Mad
Defended
Frustrated
Agitated
Disgusted

Perturbed
Annoyed
Uptight
Resistant
Irritated
Touchy

AFRAID

Terrified
Horried
Scared stiff
Petrified
Fearful
Panicky
Frantic
Shocked

Apprehensive
Frightened
Threatened
Insecure
Uneasy
Intimidated

Cautious
Nervous
Worried
Timid
Unsure
Anxious

ASHAMED

Sorrowful
Remorseful
Defamed
Worthless
Disgraced
Dishonored
Mortified
Admonished

Apologetic
Unworthy
Sneaky
Guilty
Embarrassed
Secretive

Bashful
Ridiculous
Regretful
Uncomfortable
Pitied
Silly

DAY 1

“Change begins with a question”

Michael Pfau

Morning

How did I feel as I started the day?

How will I choose to process these emotions?

Midday

Am I aware of what I am feeling as I encounter people and situations in my day?

How am I responding to these emotions?

Evening

Was I honest with myself and others today?

What was the strongest emotion that I felt today?

What do you desire to change in yourself or your life?

Write out a prayer to the Lord that includes your emotional experience from today.

Psalm 23

The Lord is my shepherd, I lack nothing.
He makes me lie down in green pastures,
he leads me beside quiet waters,
he refreshes my soul.

He guides me along the right paths
for his name's sake.

Even though I walk
through the darkest valley,
I will fear no evil,
for you are with me;
your rod and your staff,
they comfort me.

You prepare a table before me
in the presence of my enemies.
You anoint my head with oil;
my cup overflows.

Surely your goodness and love will follow me
all the days of my life,
and I will dwell in the house of the Lord forever.

DAY 2

“When we do not process before God the very feelings that make us human, such as fear, sadness or anger, we leak.”

Peter Scazzero, Emotionally Healthy Spirituality

Reflection for morning

What did I wake up feeling today? How am I processing these emotions?

What am I thankful for?

Reflection for afternoon/evening

Was I aware of my emotions throughout the day?

What emotions am I not processing? Where am I leaking?

Did I live authentically with others today?

Write out a prayer to the Lord that includes your emotional experience from today.

Colossians 2:13-15

When you were dead in your sins and in the uncircumcision of your flesh, God made you alive with Christ. He forgave us all our sins, having canceled the charge of our legal indebtedness, which stood against us and condemned us; he has taken it away, nailing it to the cross. And having disarmed the powers and authorities, he made a public spectacle of them, triumphing over them by the cross.

DAY 3

*“Without recognizing our own emotions, we will be poor at managing them,
and less able to understand them in others.”*

Goleman, Boyatzis & McKee, Primal Leadership

Questions for reflection

What did I bring with me internally into the day?

Where am I ignoring emotions in unhealthy ways?

In what ways am I experiencing joy or sadness?

How has living unaware of my emotions hurt me, my relationships or my work environments in the past?

Write out a prayer to the Lord that includes your emotional experience from today.

1 Peter 2:9-10

But you are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvelous light. Once you were not a people, but now you are God's people; once you had not received mercy, but now you have received mercy.

DAY 4

“Emotional intelligence is your ability to recognize and understand emotions in yourself and others, and your ability to use this awareness to manage your behavior and relationships”

Travis Bradberry and Jean Greaves, Emotional Intelligence 2.0

Morning

What emotions am I bringing into the day?

How will I choose to respond?

Midday

On a scale of 1-5, how aware are you of your emotions today?

1-*confusion* 2 3 4 5-*strong awareness*

On a scale of 1-5, how well did understand those emotions?

1-*confusion* 2 3 4 5-*strong understanding*

Did your responses to your emotions help or hurt you in living emotionally healthy today?

What was the strongest emotion that you felt today?

Write out a prayer to the Lord that includes your emotional experience from today.

Genesis 1:27

So God created mankind in his own image,
in the image of God he created them;
male and female he created them.

DAY 5

“Self-awareness is not an attention that gets carried away by emotions, overreacting and amplifying what is perceived. Rather, it is a neutral mode that maintains self-reflectiveness even amidst turbulent emotions.”

Daniel Goleman, Emotional Intelligence: Why It Can Matter More Than IQ

Morning

How did I wake-up feeling today?

How will I choose to respond?

Midday

Am I aware of what I am feeling as I encounter people and situations in my day?

How am I responding to these emotions?

Evening

Was I honest with myself and others today?

What was the strongest emotion that I felt today?

Write out a prayer to the Lord that includes your emotional experience from today.

1 Peter 2:9-10

But you are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvelous light. Once you were not a people, but now you are God's people; once you had not received mercy, but now you have received mercy.

DAY 6

*“Self-aware leaders are attuned to their inner signals”
Goleman, Boyatzis & McKee, Primal Leadership*

Morning

How did I feel as I got up today?

What emotions have I been carrying with me this week?

Midday

Am I aware of what I am feeling as I encounter people and situations in my day?

How am I responding to these emotions?

Evening

Was I honest with myself and others today?

What was the strongest emotion that I felt today?

What emotional inner signals have you been aware of in the past?

Write out a prayer to the Lord that includes your emotional experience from today.

Psalm 119:25-28

I am laid low in the dust;
preserve my life according to your word.
I gave an account of my ways and you answered me;
teach me your decrees.
Cause me to understand the way of your precepts,
that I may meditate on your wonderful deeds.
My soul is weary with sorrow;
strengthen me according to your word.

DAY 7

“Most people are either ‘stuffers’ or ‘inflictors’ of their anger. Some are both, stuffing until they final explode onto others.”

Peter Scazzero, Emotionally Healthy Spirituality

Morning

How did I wake feeling today?

What am I thankful for?

Midday

Am I aware of what I am feeling as I encounter people and situations in my day?

How am I responding to these emotions?

Evening

Was I honest with myself and others today?

What was the strongest emotion that I felt today?

Do you tend towards stuffing or inflicting when you feel angry?

Write out a prayer to the Lord that includes your emotional experience from today.

Psalm 34:17-18

The righteous cry out, and the Lord hears them;
he delivers them from all their troubles.
The Lord is close to the brokenhearted
and saves those who are crushed in spirit.

DAY 8

“While there are many factors that influence this development of emotional intelligence from childhood into adolescent and into adulthood, none has as much influence as one’s family of origin.”

Bob Burns, Tasha Chapman & Donald Guthrie, Resilient Ministry

Questions for reflection

How did my family approach emotions?

How did growing up in my family shape my emotional journey?

Midday

What patterns from my family do I need keep holding onto as it relates to emotional health?

What patterns from my family do I need to let go of as it relates to emotional health?

Write out a prayer to the Lord that includes your emotional experience from today.

Mark 1:35

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

DAY 9

“By understanding what emotional intelligence really is and how we can manage it in our lives, we can begin to leverage all of that intelligence, education and experience we’ve been storing up for all these years”
Patrick Lencioni, Emotional Intelligence 2.0 Preface

Reflect on this quote as it interacts with your life in the space provided.

Questions for reflection

What emotions do you bring into your day?

Has your approach to your emotions helped or hurt you in your relationships, home life and work?

Write a future vision of yourself emotionally in 4-5 sentences.

Write out a prayer to the Lord that includes your emotional experience from today.

Matthew 3:16-17

And when Jesus was baptized, immediately he went up from the water, and behold, the heavens were opened to him, and he saw the Spirit of God descending like a dove and coming to rest on him; and behold, a voice from heaven said, "This is my beloved Son, with whom I am well pleased.

DAY 10

“It is important to remember that it is your own thoughts, bodily changes and behaviors that drive your emotional responses, not someone else’s actions or an external event.”

H. Weisinger, Managing Your Emotions

Questions for reflection

What emotions are you bringing into your day?

What are you grateful for?

What emotions did you experience as you look back over your day?

As you reflect, is there anything you would change in your responses?

Write out a prayer to the Lord that includes your emotional experience from today.

Psalm 22:1-5

My God, my God, why have you forsaken me?

Why are you so far from saving me,
so far from my cries of anguish?

My God, I cry out by day, but you do not answer,
by night, but I find no rest.

Yet you are enthroned as the Holy One;
you are the one Israel praises.

In you our ancestors put their trust;
they trusted and you delivered them.

To you they cried out and were saved;
in you they trusted and were not put to shame.

DAY 11

“Self-management is your ability to use your awareness of your emotions to actually choose what you say and do.”

Travis Bradberry and Jean Greaves, Emotional Intelligence 2.0

Questions for reflection

How aware are you of others' emotions?

As you look back over the last week, where have you practiced empathy, the act of seeing and feeling from someone's perspective?

What might God be communicating to you today through your emotional experiences?

Write out a prayer to the Lord that includes your emotional experience from today.

Psalm 30:8-12

To you, Lord, I called;
to the Lord I cried for mercy:
“What is gained if I am silenced,
if I go down to the pit?
Will the dust praise you?

Will it proclaim your faithfulness?
Hear, Lord, and be merciful to me;
Lord, be my help.”

You turned my wailing into dancing;
you removed my sackcloth and clothed me with joy,
that my heart may sing your praises and not be silent.
Lord my God, I will praise you forever.

DAY 12

“People who are upset have trouble reading emotions accurately in other people—decreasing the most basic skill needed for empathy and, as a result, impairing their social skills”

Goleman, Boyatzis & McKee, Primal Leadership

Reflect on this quote as it interacts with your life in the space provided.

Describe the emotions you felt and how you responded throughout your day

Morning

Midday

Evening

When you feel strong emotions, how do you respond to them?

Write out a prayer to the Lord that includes your emotional experience from today.

Philippians 4:4-9

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

DAY 13

“I discovered that my life is a lot like an iceberg—I was aware of only a fraction of it and largely unaware of the hidden mass beneath the surface. And it was that hidden mass that had wreaked havoc on my family and on my leadership.”

Peter Scazzero, The Emotionally Healthy Leader

Reflect on this quote as it interacts with your life in the space provided.

What is in your hidden mass underneath the surface of your life emotionally?

Describe the emotions you felt and how you responded throughout your day

Morning

Midday

Evening

Write out a prayer to the Lord that includes your emotional experience from today.

Colossians 3:12-14

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity.

DAY 14

*“Human emotions are part of what it means to be made in the image of God”
Bob Burns, Tasha Chapman & Donald Guthrie, Resilient Ministry*

Reflect on this quote as it interacts with your life in the space provided.

Describe the emotions you felt and how you responded throughout your day

Morning

Midday

Evening

Looking back, how have you viewed emotions on your journey?

What does it look like for you to appreciate emotions as a gift from God?

Write out a prayer to the Lord that includes your emotional experience from today.

Psalm 5:1-3

Listen to my words, Lord,
consider my lament.

Hear my cry for help,
my King and my God,
for to you I pray.

In the morning, Lord, you hear my voice;
in the morning I lay my requests before you
and wait expectantly.

DAY 15

“Because people are having real, and helpful, spiritual experiences in certain areas of their lives—such as worship, prayer, Bible studies, and fellowship—they mistakenly believe they are doing fine, even if their relational life and interior world is not in order”

Peter Scazzero, Emotionally Healthy Spirituality

Reflect on this quote as it interacts with your life in the space provided.

When you look at your relational and interior life, what do you see?

Describe the emotions you felt and how you responded throughout your day

Morning

Midday

Evening

Write out a prayer to the Lord that includes your emotional experience from today.

Psalm 139:23-24

Search me, God, and know my heart;
test me and know my anxious thoughts.
See if there is any offensive way in me,
and lead me in the way everlasting.

DAY 16

“Often we do not notice our own behaviors, we have conditioned ourselves to their normalcy”

H. Weisinger, Managing Your Emotions

Reflect on this quote as it interacts with your life in the space provided.

Describe the emotions you felt and how you responded throughout your day

Morning

Midday

Evening

What unhelpful behaviors can you no longer see in yourself or have accepted as normal?

Write out a prayer to the Lord that includes your emotional experience from today.

Proverbs 20:5

The purposes of a person's heart are deep waters, but one
who has insight draws them out.

DAY 17

“Yet the first and most difficult task we face as leaders is to lead ourselves. Why? Because it requires confronting parts of who we are that we prefer to neglect, forget, or deny.”

Peter Scazzero, The Emotionally Healthy Leader

Reflect on this quote as it interacts with your life in the space provided.

Describe the emotions you felt and how you responded throughout your day

Morning

Midday

Evening

What does it look like for you to lead yourself in emotional intelligence?

What areas are the hardest for you to be completely honest with yourself about as you look inward?

Write out a prayer to the Lord that includes your emotional experience from today.

2 Corinthians 1:20-22

For no matter how many promises God has made, they are “Yes” in Christ. And so through him the “Amen” is spoken by us to the glory of God. Now it is God who makes both us and you stand firm in Christ. He anointed us, set his seal of ownership on us, and put his Spirit in our hearts as a deposit, guaranteeing what is to come.

DAY 18

“When you hold to a painful feeling, rather than express it spontaneously, you begin to distort it. The longer the feeling is stored, the more distorted it tends to become.”

Daniel Goleman, Emotional Intelligence: Why It can Matter More Than IQ

Reflect on this quote as it interacts with your life in the space provided.

Describe the emotions you felt and how you responded throughout your day

Morning

Midday

Evening

As you examine your heart and life, are there painful feelings you are holding onto?

How can you express painful feelings so they don't become distorted

Write out a prayer to the Lord that includes your emotional experience from today.

Matthew 4:1-4

Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting forty days and forty nights, he was hungry. The tempter came to him and said, “If you are the Son of God, tell these stones to become bread.”

Jesus answered, “It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God.’”

DAY 19

“Emotions that simmer beneath the threshold of awareness can have a powerful impact on how we perceive and react, even though we have no idea they are at work.”

Daniel Goleman, Emotional Intelligence: Why It Can Matter More Than IQ

Reflect on this quote as it interacts with your life in the space provided.

Describe the emotions you felt and how you responded throughout your day

Morning

Midday

Evening

What emotions have driven or are currently driving your life under the surface?

Write out a prayer to the Lord that includes your emotional experience from today

Luke 9:46-48

An argument started among the disciples as to which of them would be the greatest. Jesus, knowing their thoughts, took a little child and had him stand beside him. Then he said to them, “Whoever welcomes this little child in my name welcomes me; and whoever welcomes me welcomes the one who sent me. For it is the one who is least among you all who is the greatest.”

DAY 20

“Managing your emotions means something quite different from stifling them”

H. Weisinger, Managing Your Emotions

Reflect on this quote as it interacts with your life in the space provided.

Describe the emotions you felt and how you responded throughout your day

Morning

Midday

Evening

What does the difference between stifling and managing emotions look like for you?

Is the way you are currently processing emotions leading you into health?

Write out a prayer to the Lord that includes your emotional experience from today

John 13:3-5

Jesus knew that the Father had put all things under his power, and that he had come from God and was returning to God; so he got up from the meal, took off his outer clothing, and wrapped a towel around his waist. After that, he poured water into a basin and began to wash his disciples' feet, drying them with the towel that was wrapped around him.

DAY 21

*“The key to intuiting another’s feelings is the ability to read nonverbal channels:
the tone of voice, gesture, facial expression, and the like”*

Daniel Goleman, Emotional Intelligence: Why It Can Matter More Than IQ

Reflect on this quote as it interacts with your life in the space provided.

Describe the emotions you sensed others felt and how you responded to them today.

How do you want others to listen to you?

How do you know when you are fully present and listening well?

What would be some helpful practices for you to grow as a listener?

Write out a prayer to the Lord that includes your emotional experience from today.

Philippians 2:3-4

Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.

DAY 22

*“Understanding other people involves first a deciding to switch
your attention away from yourself”*

David Walton, Emotional Intelligence: A Practical Guide

Reflect on this quote as it interacts with your life in the space provided.

Describe your emotions today and how you processed them

Describe the emotions you sensed others felt today and how you responded to them

Think of a challenging situation you're currently experiencing. Reframe your perspective to view the situation through the eyes of someone else involved. How does this influence the way you see or approach that person/situation?

Write out a prayer to the Lord that includes your emotional experience from today.

Romans 8:37-39

No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

DAY 23

“Those struggling with shame often view others as ‘normal,’ acceptable, and lovable. Yet, they see themselves as flawed, damaged and different. It becomes as natural as breathing for them to shame themselves with critical self-talk.”
Cynthia Humbert, *Deceived by Shame*

Reflect on this quote as it interacts with your life in the space provided.

Describe the emotions you felt today and how you responded to them

Describe the emotions you sensed others felt and how you responded to them

Where are you living out of shame in your life?

Where are you living out of grace?

Write out a prayer to the Lord that includes your emotional experience from today

Psalm 46:10

He says, “Be still, and know that I am God;
I will be exalted among the nations,
I will be exalted in the earth.”

DAY 24

“Awareness of yourself inside and out is a continuous journey of peeling back the layers of the onion and becoming more comfortable with what is in the middle—the true essence of you”

Daniel Goleman, Emotional Intelligence: Why It Can Matter More Than IQ

Reflect on this quote as it interacts with your life in the space provided.

Describe your emotions today and how you processed them.

Describe the emotions you sensed others felt and how you responded to them.

What is a layer you feel God is currently “peeling back?”

Are you confident in his grace and goodness in this season to peel it back?

Write out a prayer to the Lord that includes your emotional experience from today.

Romans 8:28-30

And we know that in all things God works for the good of those who love him, who have been called according to his purpose. For those God foreknew he also predestined to be conformed to the image of his Son, that he might be the firstborn among many brothers and sisters. And those he predestined, he also called; those he called, he also justified; those he justified, he also glorified.

DAY 25

“To be listened to is a striking experience—partly because it is so rare. When another person is totally with you, leaning in, interested in every word, eager to empathize, you feel known and understood. People get bigger when they know they’re being listened to; they have more presence. They feel safer and more secure, as well, and they can begin to trust.”

Whitworth, Kimsey-House & Sandahl, Co-Active Coaching

Reflect on this quote as it interacts with your life in the space provided.

Describe the emotions you felt and how you responded throughout your day

Morning

Midday

Evening

Do others view you as trustworthy in your home, relationships and work?
How do you know?

Where do you feel most known and understood?

Write out a prayer to the Lord that includes your emotional experience from today.

Genesis 2:2-3

By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

DAY 26

“The fact is, we often get into all kinds of trouble by inflating our role in the drama of life. Perhaps this one of the main reasons why God creates limits. He knew that without limits, we would overreach, swell with pride, and become independent. We would get priorities all messed up, and life balance would be neglected. He would have been right. So to address that problem preemptively, He created limits. We are not infinite.”

Richard Swenson, The Overload Syndrome

Reflect on this quote as it interacts with your life in the space provided.

Describe the emotions you felt today and how you processed them.

Where do you find your value and significance?

How do you think God views you?

What does it look like for you to embrace your God-given limits?

Write out a prayer to the Lord that includes your emotional experience from today.

Mark 2:17

On hearing this, Jesus said to them, “It is not the healthy who need a doctor, but the sick. I have not come to call the righteous, but sinners.”

DAY 27

“We are a circumference people, with little access to the center. We live on the boundaries of our own lives...confusing edges with essence, too quickly claiming the superficial as the substance...we can remain on the circumferences of our lives for quite a long time. So long, that it starts feeling like the only ‘life’ available.”

Richard Rohr, Everything Belongs

Reflect on this quote as it interacts with your life in the space provided.

Where did you struggle with self-control today? What emotions were you feeling then?

In what ways are you living on the edges of your life?

In what ways are you living from the center?

Write out a prayer to the Lord that includes your emotional experience from today.

Romans 8:14-17

For those who are led by the Spirit of God are the children of God. The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, “Abba, Father.” The Spirit himself testifies with our spirit that we are God’s children. Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.

DAY 28

“Unmet and unclear expectations create havoc in our places of employment, classrooms, friendships, dating relationships, marriages, sports teams, families, and churches.”

Peter Scazzero, Emotionally Healthy Spirituality

Reflect on this quote as it interacts with your life in the space provided.

Where do you feel the deepest frustration with others?

Where do you feel unmet expectations at home, in relationships or at work?

Where are you putting unclear expectations onto others?

Where do you feel unfair expectations are being place upon you?
How are you responding to them?

Write out a prayer to the Lord that includes your emotional experience
from today.

Psalm 32:7

You are my hiding place;
you will protect me from trouble
and surround me with songs of deliverance.

DAY 29

“When your nonverbal signals match up with the words you’re saying, they increase trust, clarity, and rapport. When they don’t, they generate tension, mistrust and confusion”

David Walton, Emotional Intelligence: A Practical Guide

Reflect on this quote as it interacts with your life in the space provided.

Describe your emotions today and how you processed them.

Describe the emotions you sensed others felt and how you responded to them your day.

Where did you struggle with self-control today? What emotions were you feeling then?

How do you help others feel safe in your presence? Is there anything you need to start, stop or continue doing to help others be authentic with you?

Write out a prayer to the Lord that includes your emotional experience from today.

Romans 8:1

Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.

DAY 30

“While we often miss cues about others’ emotional states, we generally pay even less attention to our emotional response to God and his response to us.”

Curt Thompson, Anatomy of the Soul

Reflect on this quote as it interacts with your life in the space provided.

Are you living honestly with God each day? How do you know?

How does God meet with you in your emotional reflections and experiences?

What does it look like for you to relate to God emotionally?

How is God calling you into a deeper walk with Him each day?

Write out a prayer to the Lord that includes your emotional experience from today.