

Emotional Well-Being

IN THE WORKPLACE

What emotions do you notice most often lately?

(Check, circle, or write your own.)

- Overwhelm
- Stress
- Frustration
- Guilt
- Pressure
- Resentment
- Anxiety
- Other:

When I notice these emotions, the thoughts that often show up are:

(No judging. Just noticing.)

When emotions show up, I most often tend to:

- React
- Resist
- Avoid

What does that usually look like for me?

List the top things currently taking up space in your life — not just work.

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Emotional Well-Being IN THE WORKPLACE



When my jar feels full, I notice it in my body, energy, or mood as:

When I allow an emotion instead of pushing it away, I notice:

When I notice stress, overwhelm, or anxiety, a supportive reminder I can practice is:
(Example: This is human. I can pause.)

One small way I can support my emotional well-being this week:

- Pause
- Ask for help
- Adjust expectations
- Create a boundary
- Other:

Next Steps

Emotional well-being is a learnable practice.

This kind of awareness is the foundation of the work we do inside *Becoming* — a six-week, self-paced transformational course for women.

The course supports women in learning to notice emotions, question untrue thoughts, and show up with greater clarity and confidence.

Learn more: www.shoplandcoaching.com

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