

### Learning Activity 9.2 Keeping a diary of emotions

Spend a week keeping a diary of your emotions. This diary can be created online or handwritten. Try to write in your diary at key points throughout your day, such as in the morning, at midday, and at night. When the week is over, complete a reflection that considers the emotions you felt throughout the week. Did you find any patterns? Which emotions were the most troubling for you and what might you do to address them in the future?

Day 1:
Day 2:
Day 3:
Day 4:
Day 5:
Day 6:
Day 7: