



Emotional Check-In Wheel

**Prompts and exercises
to bring clarity to your inner world**

v1.0 – March 2025

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Mibosma – Begin living as you dream

This printable wheel helps you pause and check in with what you're really feeling. Instead of saying "I'm fine" or "I'm stressed," it encourages you to be more specific — and that specificity brings clarity, power, and healing.

You can use this tool:

- 🌀 Daily, to build emotional awareness
- 📅 Weekly, as part of your self-care or reflection routine
- 💬 In moments of confusion, conflict, or overwhelm
- 🧘 Before journaling, meditating, or making decisions



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By naming your emotions clearly, you begin to:

- Understand what you truly need
- Respond with self-compassion
- Reduce inner tension
- Build emotional intelligence over time

★ **Tip:**

- Print it and keep it in your journal or on your wall.
- ✂ "Print an extra copy and pin it near your workspace or mirror."

💡 **Ask yourself:**

"What am I really feeling right now?"

Then, gently trace the wheel until a word resonates.



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- Think how you feel at this moment and draw it. Then explain why you feel this way.

A stylized illustration of a person with short hair, wearing a blue and white striped shirt, sitting at a desk and writing in a notebook with a pen. On the desk, there is a smartphone and a lit candle in a glass holder. The background is a light blue with a subtle pattern of small dots.



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You are on a beautiful journey of discovery and growth.

Take a moment to appreciate yourself for the effort you're putting in. Whether you feel clear or uncertain, every step you take is worth celebrating

Remember:

Growth takes time. Celebrate every small step. You're doing beautifully.
You are enough. You are growing. And you are not alone.

✨ Explore More Free Tools: Visit [\[www.mibosma.com/tools\]](http://www.mibosma.com/tools) for resources to support your emotional clarity and wellness journey. ✨

 With all the best wishes,
The Mibosma Team 



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