

Prompts and exercises to bring clarity to your inner world

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Mikesma Mind, Body, Soul

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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:

- O Daily, to build emotional awareness
- 17 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

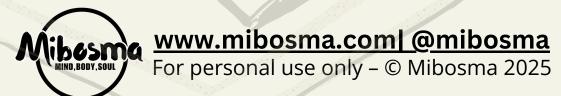
# ★ Tip:

- 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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# **Exploring my emotions**

Can you express and explain your emotions?
• Think how you feel at this moment and draw it. Then
explain why you feel this way.



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"Wh	at would help me feel better or more supported?"
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## 🗽 You are on a beautiful journey of <u>discovery and growth.</u>

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

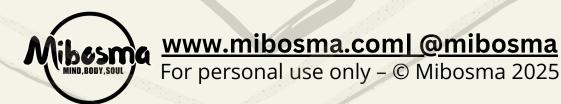
#### Remember:

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] for resources to support your emotional clarity and wellness journey. \*



With all the best wishes, The Mibosma Team 🖤



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