



Emotional Check-In Wheel

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

v1.0 – March 2025

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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:

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

 **With all the best wishes,
The Mibosma Team **



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