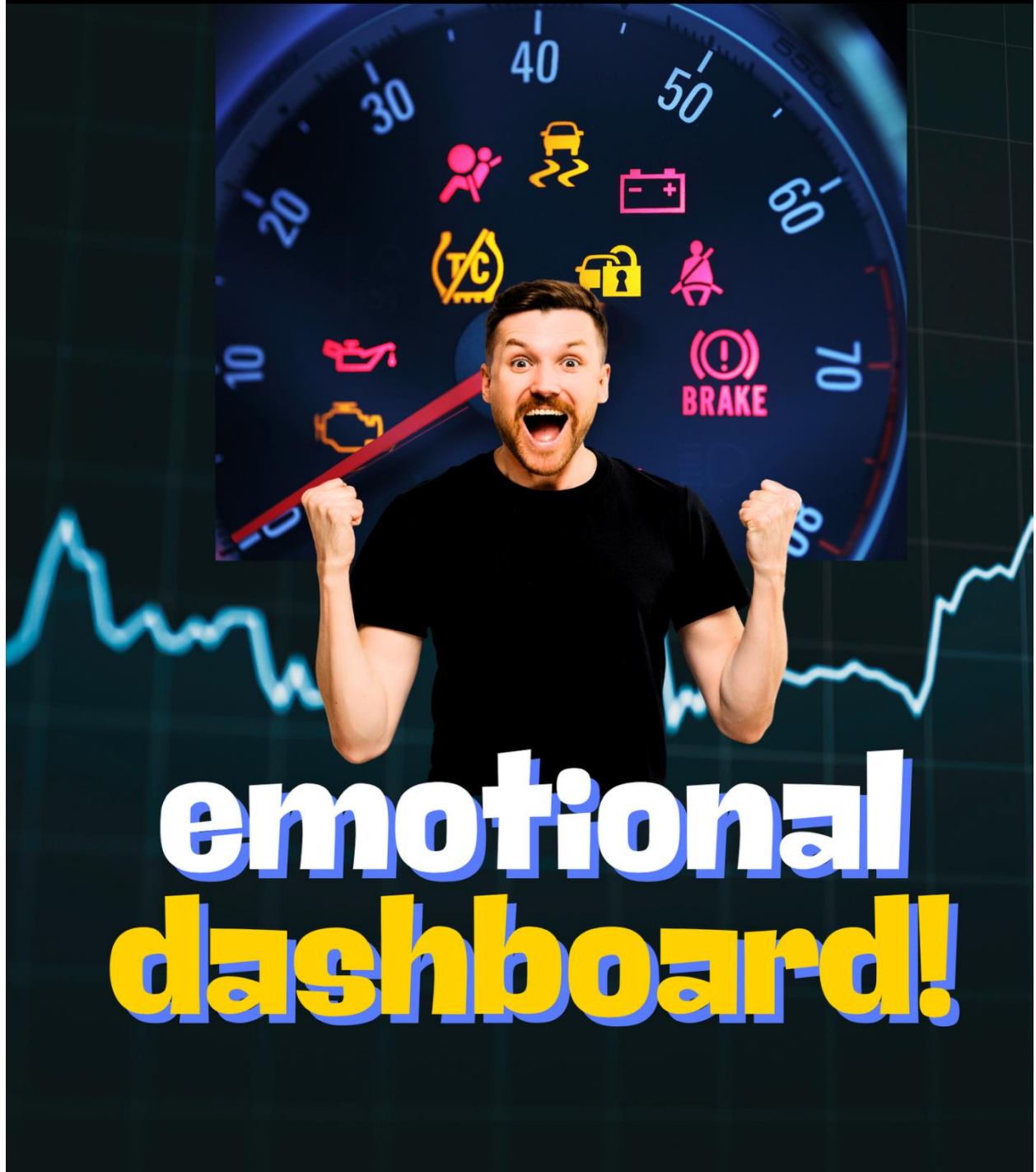


JUDITH PATINO-RODRIGUE



**emotional
dashboard!**

Tune Up Your Emotional Dashboard

Emotions are like the dashboard lights on your car—subtle (or sometimes glaring) indicators that tell you what’s going on beneath the surface. Just as you wouldn’t ignore a blinking oil light or a temperature gauge in the red, you shouldn’t brush off your feelings without investigating their source. Ignoring these signals can lead to emotional breakdowns, but tuning into them allows you to navigate life’s challenges with greater clarity, resilience, and confidence.

Think of your emotions as your navigation system, alerting you to what needs attention. A flicker of frustration might signal the need for boundaries, while a wave of joy might highlight what truly fulfills you. When you learn to interpret these signals, you gain valuable insights into your inner world and can make adjustments to keep your mental and emotional engine running smoothly.

This exercise is designed to help you decode your emotional dashboard, identify the triggers that spark certain feelings, and fine-tune your mental well-being. By taking the time to reflect and recalibrate, you’ll be better equipped to steer through life’s twists and turns with grace and purpose.

Step 1: Check Your Feels-O-Meter

Take a moment to assess how you’re feeling right now. Use a scale of 1 to 10, where:

- **1** = Feeling stuck, frustrated, or drained.
- **10** = Feeling joyful, confident, and unstoppable.

How do you feel right now?

Scale: _____

Now, identify one or two emotions that stand out.

Emotions: _____

Step 2: Decode the Signals

Ask yourself these questions to uncover the reasons behind your emotions:

1. What happened recently that might have triggered this feeling?
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2. Is this tied to a specific person, event, or thought?

3. How is this emotion affecting your mood, energy, or actions?

Step 3: Tune Up Your Emotions

Pick a creative tool to help process and reframe your emotions:

1. **Emotion Detective** – What clues can you find about why you feel this way? Write your discoveries below:

2. **Mood Doodles** – Sketch how you feel. What shapes, colors, or images come to mind? (Use a separate sheet if needed.)

3. **Feelings Playlist** – List 3 songs that match your current mood and why they resonate with you:

- Song 1: _____
- Song 2: _____
- Song 3: _____

Step 4: Make a Pit Stop

Just like cars need maintenance, your emotional state benefits from regular check-ins. Take five minutes to:

- Reflect on what's been draining your energy or lifting you.
- Identify one small action to address your needs (e.g., meditate, call a friend, take a break).

Action Plan:

What's one thing you can do today to nurture your emotional well-being?

Step 5: Create Your Emotional Roadmap

Set a goal to check in with your emotions regularly. Use this space to jot down your commitment:

- How often will you pause to reflect on your feels-o-meter?
- What tools will you use to keep your emotions balanced?

My Emotional Roadmap Plan:

Challenge of the Week

For the next 7 days, take 5 minutes daily to assess your feels-o-meter. Use one creative tool from this exercise, and track any patterns or shifts in your emotions. At the end of the week, reflect on how this practice has impacted your mindset.

Note: This exercise is inspired by the chapter “Crack the Code of Your Feels-o-Meter” in *Steer and Maneuver*. For more strategies and insights, check out the full book!



You can find *Steer and Maneuver* wherever it's easiest for you—on Amazon, Audible, or even directly on my website. Choose the format that fits you best.