

### **Tracking your “Right Now” feeling...**

We have 40,000 thoughts per day which means we can have 40,000 feelings a day!

Most of these thoughts and feelings ride under the surface of our awareness.

We get to the end of the day and wonder why we have difficulty sticking to the schedule or meal plan we created.

When we pay attention to and allow feelings intentionally, we can assume more authority and control over our actions.

Our willpower is limited.

If we are using up our willpower throughout the day and aren't even aware of it, of course we will have difficulty showing up for ourselves in the way we want to and planned.

Use this chart to gain awareness of your feelings throughout the day.

Right now Feeling Log

<p>Set an alarm on your phone to pause every 2 hours during the day for the next week.</p> <p>Use the feelings wheel or feelings list to get as specific as possible.</p>		<p>Day 1 _____</p> <p>8:00 am _____</p> <p>10:00 am _____</p> <p>12:00 noon _____</p> <p>2:00 pm _____</p> <p>4:00 pm _____</p> <p>6:00 pm _____</p> <p>8:00 pm _____</p>
<p>Day 2 _____</p> <p>8:00 am _____</p> <p>10:00 am _____</p> <p>12:00 noon _____</p> <p>2:00 pm _____</p> <p>4:00 pm _____</p> <p>6:00 pm _____</p> <p>8:00 pm _____</p>	<p>Day 3 _____</p> <p>8:00 am _____</p> <p>10:00 am _____</p> <p>12:00 noon _____</p> <p>2:00 pm _____</p> <p>4:00 pm _____</p> <p>6:00 pm _____</p> <p>8:00 pm _____</p>	<p>Day 4 _____</p> <p>8:00 am _____</p> <p>10:00 am _____</p> <p>12:00 noon _____</p> <p>2:00 pm _____</p> <p>4:00 pm _____</p> <p>6:00 pm _____</p> <p>8:00 pm _____</p>
<p>Day 5 _____</p> <p>8:00 am _____</p> <p>10:00 am _____</p> <p>12:00 noon _____</p> <p>2:00 pm _____</p> <p>4:00 pm _____</p> <p>6:00 pm _____</p> <p>8:00 pm _____</p>	<p>Day 6 _____</p> <p>8:00 am _____</p> <p>10:00 am _____</p> <p>12:00 noon _____</p> <p>2:00 pm _____</p> <p>4:00 pm _____</p> <p>6:00 pm _____</p> <p>8:00 pm _____</p>	<p>Day 7 _____</p> <p>8:00 am _____</p> <p>10:00 am _____</p> <p>12:00 noon _____</p> <p>2:00 pm _____</p> <p>4:00 pm _____</p> <p>6:00 pm _____</p> <p>8:00 pm _____</p>