



## Nahla Summers Coaching

### Diary of Emotions

This is Appendix 6 from The Culture of Kindness book.  
Please read the book for instructions.

<b>Day</b>	
<b>Time</b>	
<b>Emotion felt</b>	
<b>Physical reaction</b>	
<b>Trigger</b>	
<b>Other emotions I felt today (using the emotional wheel)</b>	