

## PM-BoC Wellbeing Check-in – Emotions

In every presentation or workshop, we start and end with a wellbeing check-in. The one we most like to use is the emotions check-in using the Plutchik's Wheel of Emotions.



The English version of the wheel – developed by the psychologist Dr. Robert Plutchik – is on page 2. In the back of the book are other versions of the wheel in other languages.

Instructions:

1. Use the grid on page 3 to track your emotions
2. It is useful to check three times a day for 7 days
3. Make a note of the emotions you observe
4. Carry on with your day
5. At the end of each day and then at the end of the week, take a look and see what you notice. Then answer the following questions:

Question 1 – What do you notice?

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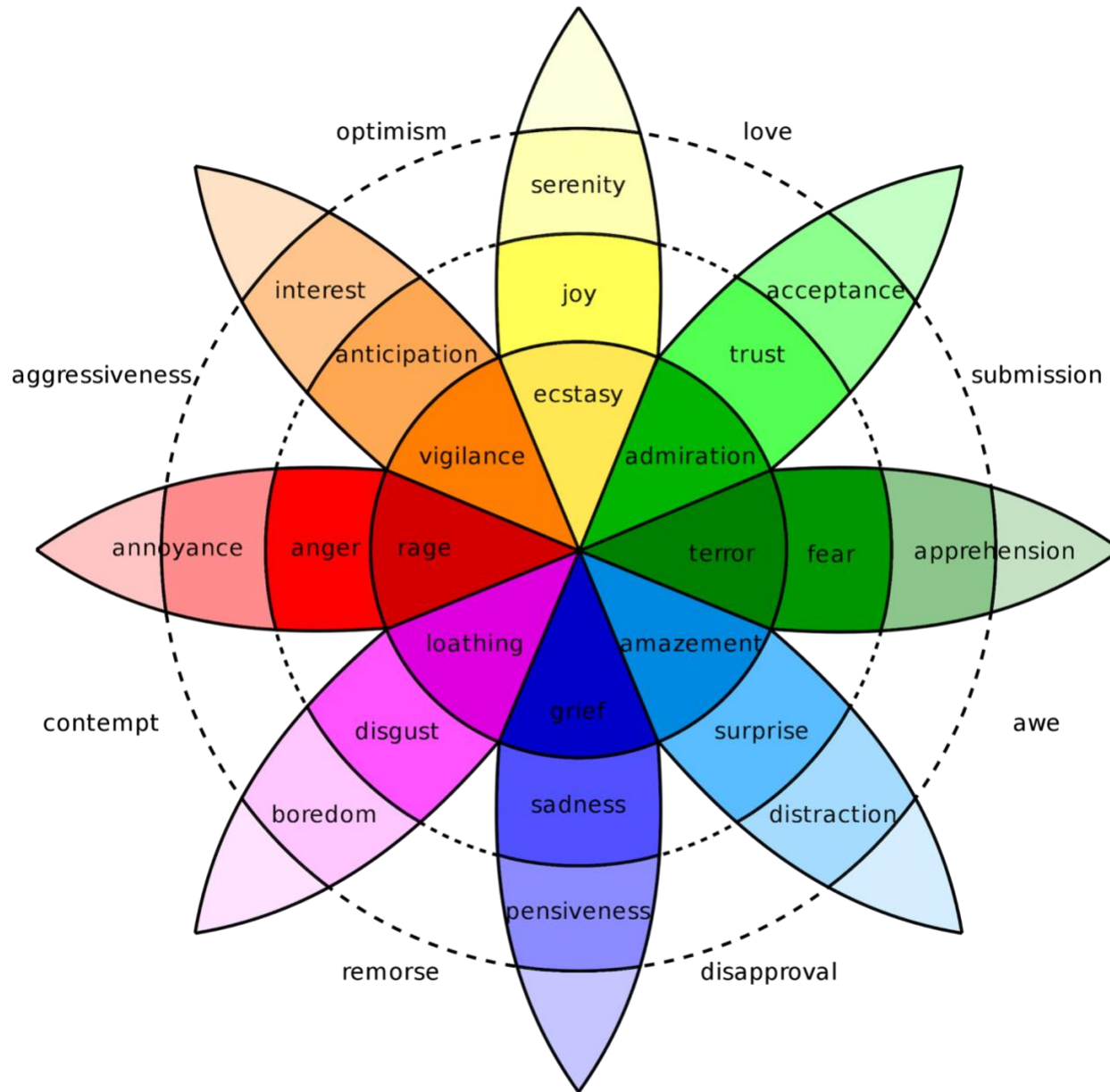
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Question 2 – What is the most common reason for your emotions changing through the day or over the week?

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PM-BoC

Time	Day/Date	Emotions	Notes
Morning			
Afternoon			
Evening			
Morning			
Afternoon			
Evening			
Morning			
Afternoon			
Evening			
Morning			
Afternoon			
Evening			
Morning			
Afternoon			
Evening			
Morning			
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Morning			
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