



## JOURNAL JUMP-STARTS // MAY

### *Taking an Emotional Inventory*

How do you feel about yourself?

How do you feel about your world?

Do you notice any patterns or themes?

What are your needs?

What are your triggers?

Where are you most supported?

What are your emotional investments?

How do these investments pay off?

How do you feel when the sun comes up?

How do you feel when the sun goes down?

Get a FREE PDF to JUMP-START JOURNALS every month!

[www.regenwriting.com](http://www.regenwriting.com)

*The Regenerative Writing Institute*