

**** Please make your own copy of the following document to complete**

Lesson 2: Understanding Emotional Triggers

This Journal is intended to help you become more aware of the situations that evoke strong emotions and what these emotions reveal about your core values, beliefs, or fears.

As a business owner, understanding emotional triggers builds emotional intelligence, leading to better decision-making, conflict resolution, and stronger relationships.

This self-awareness will allow you to manage stress, align business actions with core values, and model composed leadership, which fosters a healthy, resilient work culture.

It enables clearer judgement and more consistent, values-driven decisions, enhancing both personal and professional growth.

Instructions:

1. **Observe and Record:** Over the next seven days, take a few moments each day to reflect on moments when you experienced strong emotions. These emotions might be positive (e.g., joy, excitement) or negative (e.g., anger, frustration).
2. **Describe the Situation:** Briefly describe the situation or event that triggered the emotion.
3. **Identify the Emotion:** Write down the primary emotion you felt.
4. **Reflect on the Meaning:** Consider what this emotion might reveal about your personal values, beliefs, or fears.

5. **Note any Patterns:** At the end of the week, look for any recurring themes or insights about yourself.

Day-by-Day Journal Template

Day 1

- **Date & Time:**

- **Triggering Situation:**
(Describe the event or situation that caused a strong emotional reaction)

- **Primary Emotion(s):**
(What was the main emotion you felt?)

- **Reflection:**
(What might this emotion reveal about your personal values, beliefs, or fears?)

Day 2

- **Date & Time:**
- **Triggering Situation:**
(Describe the event or situation that caused a strong emotional reaction)

- **Primary Emotion(s):**
(What was the main emotion you felt?)

- **Reflection:**
(What might this emotion reveal about your personal values, beliefs, or fears?)

Day 3

- **Date & Time:**
- **Triggering Situation:**
(Describe the event or situation that caused a strong emotional reaction)

- **Primary Emotion(s):**
(What was the main emotion you felt?)

- **Reflection:**
(What might this emotion reveal about your personal values, beliefs, or fears?)

Day 4

- **Date & Time:**
- **Triggering Situation:**
(Describe the event or situation that caused a strong emotional reaction)

- **Primary Emotion(s):**
(What was the main emotion you felt?)

- **Reflection:**

(What might this emotion reveal about your personal values, beliefs, or fears?)

Day 5

- **Date & Time:**

- **Triggering Situation:**

(Describe the event or situation that caused a strong emotional reaction)

- **Primary Emotion(s):**

(What was the main emotion you felt?)

- **Reflection:**

(What might this emotion reveal about your personal values, beliefs, or fears?)

Day 6

- **Date & Time:**

- **Triggering Situation:**

(Describe the event or situation that caused a strong emotional reaction)

- **Primary Emotion(s):**

(What was the main emotion you felt?)

- **Reflection:**

(What might this emotion reveal about your personal values, beliefs, or fears?)

Day 7

- **Date & Time:**

- **Triggering Situation:**

(Describe the event or situation that caused a strong emotional reaction)

- **Primary Emotion(s):**

(What was the main emotion you felt?)

- **Reflection:**

(What might this emotion reveal about your personal values, beliefs, or fears?)

End of Week Reflection

1. Patterns Observed:

- *Did you notice any recurring situations or types of events that commonly trigger strong emotions?*

2. Values & Fears Insight:

- *Based on your reflections, are there any particular values or fears that appear frequently in your emotional reactions?*

3. Personal Insights:

- *What has this journal revealed about how your emotions connect to your values and fears? Are there areas in which you might want to explore further?*

4. Future Actions:

- *Identify one or two specific actions or mindset shifts you can implement to better manage your responses to emotional triggers.*

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- **Share this document with your coach once completed**