



Emotional Awareness Journal Prompts

A Guide for Sensitive High Achievers



Welcome to Your Emotional Journey

As a sensitive high achiever, your capacity for emotional depth is one of your greatest strengths. This journal guide offers prompts to help you explore and honor your emotional landscape while maintaining professional boundaries and personal wellbeing.



How to Use This Guide:

- Choose prompts that resonate
 - Write without judgment
 - Notice physical sensations
 - Take breaks when needed
 - Return to previous entries
 - Track patterns over time

Daily Check-In Prompts

Morning Reflection



☐ WHAT SENSATIONS AM I NOTICING IN MY BODY?

☐ WHAT EMOTIONS ARE PRESENT?

☐ WHAT DO I NEED TODAY?

☐ HOW FULL IS MY EMOTIONAL CONTAINER?

Daily Check-In Prompts

Morning Reflection



☐ WHAT BOUNDARIES MIGHT I NEED?

☐ WHAT IS MY ENERGY LEVEL THIS MORNING?

☐ WHICH PART OF ME IS MOST PRESENT TODAY?

☐ WHAT WOULD HELP ME FEEL MORE RESOURCED TODAY?

Daily Check-In Prompts

Evening Integration



☐ WHAT EMOTIONS MOVED THROUGH ME TODAY?

☐ WHERE DID I FEEL MOST CONNECTED?

☐ WHAT CHALLENGED MY SENSITIVITY?

☐ HOW DID I HONOR MY NEEDS?

Daily Check-In Prompts

Evening Integration



☐ WHAT WISDOM EMERGED?

☐ WHERE DID I HONOUR MY BOUNDARIES TODAY?

☐ WHAT PART OF ME NEEDS EXTRA TENDERNESS?

☐ WHAT DID MY HEART LEARN TODAY?

Workplace Awareness

Boundary Exploration



☐ WHAT SITUATIONS DRAIN MY ENERGY?

☐ WHEN DO I FEEL MOST GROUNDED AT WORK?

☐ HOW DO I KNOW I NEED A BREAK?

☐ WHERE CAN I CREATE MORE SPACE?

Workplace Awareness

Professional Relationships



☐ HOW DO I MAINTAIN CONNECTION WHILE PROTECTING MY ENERGY?

☐ WHAT HELPS ME STAY PRESENT WITH OTHERS' EMOTIONS?

☐ WHEN DO I FEEL MOST AUTHENTIC AT WORK?

☐ WHAT SUPPORT DO I NEED FROM COLLEAGUES?

Deep Dive Prompts

Understanding Patterns



☐ WHAT EMOTIONS FEEL EASY TO EXPRESS?

☐ WHICH EMOTIONS FEEL CHALLENGING?

☐ WHERE DO I NOTICE RESISTANCE?

☐ WHAT OLD STORIES ARISE?

Deep Dive Prompts

Understanding Patterns



☐ HOW DOES MY BODY SIGNAL EMOTIONS?

☐ WHEN DO I FEEL MOST AUTHENTICALLY MYSELF?

☐ WHAT PATTERNS EMERGE WHEN I'M FEELING OVERWHELMED?

☐ WHERE IN MY BODY DO I FIRST NOTICE EMOTIONAL SHIFTS?

Deep Dive Prompts

Integration Questions



☐ HOW DOES MY SENSITIVITY SERVE ME?

☐ WHERE DO I NEED MORE COMPASSION?

☐ WHAT WOULD FEEL LIBERATING TO EXPRESS?

☐ HOW CAN I HONOR ALL PARTS OF MYSELF?

Building Your Container

Capacity Building



☐ WHAT GROUNDS ME WHEN OVERWHELMED?

☐ WHERE DO I FEEL MOST RECHARGED?

☐ WHAT PRACTICES SUSTAIN ME?

☐ HOW DO I CELEBRATE MY SENSITIVITY?

Building Your Container

Growth Exploration



☐ WHAT NEW BOUNDARIES AM I LEARNING?

☐ WHERE AM I GROWING IN SELF-TRUST?

☐ WHAT WOULD DEEPER SELF-ACCEPTANCE LOOK LIKE?

☐ HOW AM I BECOMING MORE AUTHENTIC?

Weekly Integration

Patterns and Insights



Notable Emotional Themes

Boundary Learnings

Body Wisdom Messages

Personal Discoveries

Professional Integration

Weekly Reflections

Forward Vision



Intentions for growth

Practices to develop

Needed adjustments

Celebrations to honor

Support to seek



Remember:

- Your sensitivity is wisdom
- All emotions are welcome
 - Integration takes time
 - Small insights matter
 - You're not alone

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