

# Emotion Diary

By Precious Lesko

<http://www.thepreciousmama.com>

Emotions	Motivate	Communicate to others			Communicate to me	
Emotion Name	What did my emotion motivate me to do?	How was my emotion expressed to others?	What message did my emotion express to others?	What was the effect of my emotion on others?	What was my emotion saying to me?	How did I check the facts?