

Weekly Emotional Tracker: Head, Heart, Hands Edition

This tracker helps you reflect on your mental focus (Head), emotional energy (Heart), and daily actions (Hands) throughout the week. Use this tool to recognize patterns, stay grounded, and adjust as needed.

◇ How to Use This Tracker

At the end of each day, take a few minutes to reflect and complete the tracker. There are three key areas:

Head: What thoughts dominated your mind today? Were you focused or scattered?

Heart: How were you feeling emotionally? What triggered you or gave you peace?

Hands: What actions did you take today toward your goals, healing, or daily responsibilities?

Be honest with yourself—this is about growth, not perfection.

◇ Weekly Log

Monday

Head: What were you thinking about most today?

Heart: What emotions came up for you today?

Hands: What did you do today to move forward?

Tuesday

Head: What were you thinking about most today?

Heart: What emotions came up for you today?

Hands: What did you do today to move forward?

Wednesday

Head: What were you thinking about most today?

Heart: What emotions came up for you today?

Hands: What did you do today to move forward?

Thursday

Head: What were you thinking about most today?

Heart: What emotions came up for you today?

Hands: What did you do today to move forward?

Friday

Head: What were you thinking about most today?

Heart: What emotions came up for you today?

Hands: What did you do today to move forward?

Saturday

Head: What were you thinking about most today?

Heart: What emotions came up for you today?

Hands: What did you do today to move forward?

Sunday

Head: What were you thinking about most today?

Heart: What emotions came up for you today?

Hands: What did you do today to move forward?