

PEPPER TIME 17: MONITOR YOUR EMOTIONS

Timing: Daily for 1–2 weeks (5 minutes each evening to record).

What you'll need: Your journal or notes app.

What it's about: Emotions don't just appear—they signal, peak, and fade. Training yourself to track them builds awareness so you can spot shifts instantly, before they run the show.

How to do it:

1. Pick one emotion. Choose a negative emotion you often feel—anger, shyness, boredom, frustration.
2. Track it. For 7–14 days, stay alert and note the exact moments it surfaces.
3. Record each instance. Use a short note (situation + feeling).
4. Compare with calm. Contrast your baseline (relaxed body, ease) with the physical signals of the emotion (tight chest, tension, racing thoughts).
5. Observe only. Don't fix or fight it—just learn how your body signals the emotion.

What to expect: Patterns emerge fast: triggers, times of day, specific situations that pull the emotion forward. Simply monitoring sharpens awareness. Awareness is the first step to shifting your emotional state with intention.

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