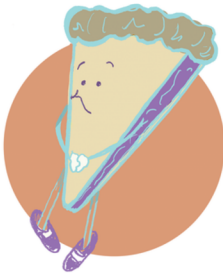


WHICH DESSERT ARE YOU TODAY?



Shy Pie™

Slow to warm

Mostly an introvert but new experiences can still be exciting. Just needs time to ease into them and quiet time to recharge.



Angry Red Velvet™

Read between the layers.

Anger isn't always crummy. Trying to take a moment to look at what other feelings might be beneath the icing.



Optimistic Cupcake™

Always sees the sprinkles

The bright side is easy to see. There's always something to be grateful for and look forward to.



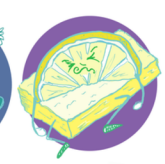
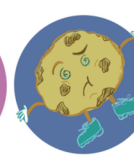
Mixed Emotions Sundae™

Multi-scoop moment

Emotions can feel like they melt together. Some days one flavor isn't enough to explain a feeling.



WHICH DESSERT ARE YOU TODAY?



A tiny guide to noticing and naming your emotions each day.

Today I feel like: *(from page 1)*

Why did you choose this one? What do you think it's trying to tell you?

Flavor of the Day

If today's feeling were a flavor, what would it taste like?

- ☐ Sweet
- ☐ Sour
- ☐ Bittersweet
- ☐ Spicy
- ☐ A little of everything
- ☐ Something I can't quite name

What's one ingredient in today's emotional recipe? (Circle any & all)

Person(s) • Thoughts • Event • Expectation • Memory • Other

What feels right for you right now?

- ☐ A little space
- ☐ A little rest
- ☐ Someone to talk to or share this feeling with
- ☐ A change of perspective
- ☐ A little encouragement or sharing encouragement with someone else
- ☐ Taking a walk or some deep breaths
- ☐ Nothing—I'm doing pretty okay!

One dessert is never enough. Meet the rest of the crew from the Sweet Emotion collection and take your favorites home!
Explore InnerWhim.com

