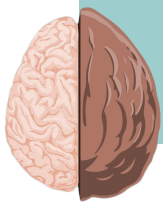


Emotions Chart

**You are not your emotions, you are the experiencer of emotions.
You have the ability to choose what to do with your emotions-
But the first step is to Notice and Name what you're feeling
Notice, Name, Explore, Clarify, and Choose your Actions.**



Excitement -> Take Action, Perform

- 01 Energetic
- 02 Surprised
- 03 Purposeful
- 04 Proud
- 05 Rigid
- 06 Distracted
- 07 Bored
- 08 Apathetic
- 09 Inspired
- 10 Confident
- 11 Aggressive
- 12 Stressed

Love -> Connect, Sacrifice

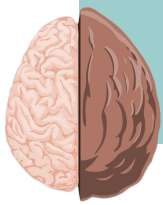
- 01 Compassion
- 02 Forgiving
- 03 Nurtured
- 04 Vulnerable
- 05 Lonely
- 06 Affection
- 07 Embarrassed
- 08 Passion
- 09 Grief
- 10 Abundant
- 11 Tender
- 12 Kind

Regret-> Make Repairs , Get Clarity

- 01 Energetic
- 02 Surprised
- 03 Purposeful
- 04 Proud
- 05 Rigid
- 06 Distracted
- 07 Bored
- 08 Apathetic
- 09 Inspired
- 10 Confident
- 11 Aggressive
- 12 Stressed

Disgust-> Defend, Leave, Change Perspective

- 01 Compassion
- 02 Forgiving
- 03 Nurtured
- 04 Vulnerable
- 05 Lonely
- 06 Affection
- 07 Embarrassed
- 08 Passion
- 09 Grief
- 10 Abundant
- 11 Tender
- 12 Kind



Anger-> Protect - Be Accountable

- 01 Defensive
- 02 Fuming
- 03 Bitter
- 04 Frustrated
- 05 Furious
- 06 Terrified
- 07 Shocked
- 08 Guarded
- 09 Empowered
- 10 Resentful
- 11 Mad
- 12 Offended

Joy-> Rejoice, Remember

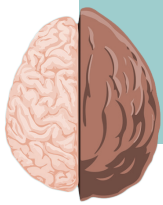
- 01 Playful
- 02 Uplifted
- 03 Cheerful
- 04 Grateful
- 05 Spontaneous
- 06 Hopeful
- 07 Appreciation
- 08 Defeated
- 09 Heavy
- 10 Despair
- 11 Amazed
- 12 Silly

Fear-> Create Safety

- 01 Scared
- 02 Anxious
- 03 Terrified
- 04 Worried
- 05 Nervous
- 06 Shy
- 07 Jealous
- 08 Timid
- 09 Apprehensive
- 10 Afraid
- 11 Concerned
- 12 Jittery

Sadness-> Change Course, Honor

- 01 Hopeless
- 02 Discouraged
- 03 Worthless
- 04 Pessimistic
- 05 Fake
- 06 Lost
- 07 Confused
- 08 Depressed
- 09 Disappointed
- 10 Worthless
- 11 Self-Conscious
- 12 Insecure



Content-> Relax - Rest- Heal

- 01 Peaceful
- 02 Unashamed
- 03 Accepting
- 04 Safe
- 05 Comfortable
- 06 Content
- 07 Satisfied
- 08 Relieved
- 09 Carefree
- 10 Intimate
- 11 Composed
- 12 Serene

Genius-> Create, Take Risks

- 01 Inspired
- 02 In awe
- 03 Interested
- 04 Focused
- 05 Creative
- 06 Passionate
- 07 Challenged
- 08 Curious
- 09 Brave
- 10 In flow
- 11 Manic
- 12 Authentic

Weekly Tracker

Monday

Today I felt:

Tuesday

Today I felt:

Wednesday

Today I felt:

Thursday

Today I felt:

Friday

Today I felt:

Saturday

Today I felt:

Sunday

Today I felt: