

Emotional Control

By learning to expand your emotional vocabulary



With Leadership Development Coach Kathy Archer



Exercise #6a - Emotions throughout my day

Instructions:

1. There are two ways you can do this. One is to fill it out at the end of your day. The other way is to keep it with and fill it out in intervals. Either way is fine.
2. Each day, take a few moments to review your list of emotions. Compare and analyze them.
 - What's the ratio of positive vs negative emotions?
 - Which emotions dominate and what causes them?
 - What are their triggers?

This will allow you to see where emotions come from, specifically look for what triggers you or sets you off.



Emotions throughout my day

	Describe what you were doing.	Name the feeling you were experiencing.	Indicate what body sensations you noticed.
Wake up			
7:00 am			
8:00 am			
9:00 am			
10:00 am			
11:00 am			
12:00 pm			
1:00 pm			
2:00 pm			

Emotions throughout my day - Continued

	Describe what you were doing.	Name the feeling you were experiencing.	Indicate what body sensations you noticed.
3:00 pm			
4:00 pm			
5:00 pm			
6:00 pm			
7:00 pm			
8:00 pm			
9:00 pm			
10:00 pm			
11:00 pm			
Bedtime			