

Feelings Journal

Using the Emotional Scale, lean into where you are today.

Emotional Scale:

- 1. Joy, Appreciation, Empowerment & Love
- 2. Passion, Enthusiasm, & Happiness
- 3. Positive Expectations, & Beliefs
- 4. Optimism & Hopefulness
- 5. Contentment & Boredom (this is neutral on the scale)
- 6. Pessimism, Frustration, & Uncertain
- 7. Overwhelmed, Disappointed, & Doubt
- 8. Worry & Anxiety
- 9. Anger & Revenge
- 10. Hatred & Rage
- 11. Sadness, Grief, & Guilt
- 12. Fear, Despair & Powerless

Where are you on the emotional scale today?

If needed, can you find a way to move up the emotional scale?
