

Year of Personal Growth

Emotional: Weekly Activity

Identify emotions with this chart....

	FEELINGS CHART				
	NEEDS SATISFIED (PLEASURE, GAIN)				
INTENSITY	HAPPY	LOVE	STRONG	COURAGEOUS	ENGAGED
high	Elated Excited Overjoyed Thrilled Exuberant Delighted	Compassion Understanding Accepting Caring Attracted Connected	Determined Accomplished Respected Desired	Brave Confident Powerful	Fascinated Engrossed Passionate Intent Enthusiastic Excited
medium	Up Glad Cheerful Optimistic	Liking Affectionate Close Warm Tender	Energetic Capable Appreciated Independent	Certain Safe Secure Relaxed	Curious Intrigued Inspired Eager Focused
low	Fine Pleased Satisfied Contented	Fondness Appreciation Thankful Giving	Peaceful Calm	Proud	Interested Connected
	NEEDS NOT SATISFIED (PAIN, LOSS)				
INTENSITY	SAD	HATE	ANGER	AFRAID	DISENGAGED
high	Depressed Hopeless Disappointed Hurt	Contempt Disgust Hostile Repulsed	Furious Enraged Irate Disrespected Rejected	Terrified Frightened Fearful Jealous	Bored Uninvolved Apathetic Lonely
medium	Down Gloomy Discouraged Melancholy	Dislike Cold	Mad Upset Criticized Unwanted Dependent	Uncertain Doubtful Hesitant Insecure Tense	Distant Distracted Uninspired
low	Somber Pessimistic Unsatisfied Discontented	Ungrateful Selfish	Aggravated Annoyed Irritated Frustrated	Confused Ashamed Embarrassed Weak Uncomfortable	Uninterested Disconnected