

Your emotions help you think, plan, dream, and act! How do they show up for you every day?

My Emotions (vocabulary: soft to intense)	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Weekly Total
Anger Crabby, Cranky, Mad, Furious								
Guilt Guilty, Ashamed, Humiliated								
Boredom Uninterested, Fed-up, Bored stiff								
Fear Alert, Curious, Afraid, Wary								
Worry Concerned, Anxious, Over-thinking								
Confusion Unsure, Puzzled, Spacy								
Jealousy Watchful, Insecure, Selfish, Lonely								
Envy Wanting, Needing, Greedy								
Panic & Terror Careful, Panicked, Petrified								
Sadness Low, Sad, Heavy-hearted								
Grief Lost, Missing someone or something, Heartbroken								
Depression Withdrawn, Crushed, Hopeless								
Happiness Upbeat, Glad, Playful, Laughing								
Contentment Proud, Satisfied, Confident								
Joy Blissful, Inspired, Overjoyed								

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My Emotions	How Do My Emotions Help Me?	How Can I Help My Emotions?
Anger	Anger helps me stand up for myself and others.	
Guilt	Guilt helps me know when I did something wrong or hurt someone.	
Boredom	Boredom helps me take a break when I can't change things or I just have to wait.	
Fear	Fear helps me be aware and notice everything.	
Worry	Worry helps me get ready and plan for things that might happen, or things in the future.	
Confusion	Confusion helps me rest my brain when there is too much going on.	
Jealousy	Jealousy helps me know when I have enough love and attention.	
Envy	Envy helps me know when I have enough and when things are fair.	
Panic & Terror	Panic & Terror help me stay safe when there's danger.	
Sadness	Sadness helps me let go and relax when I need to.	
Grief	Grief helps me when I lose something or someone forever.	
Depression	Depression helps slow me down or stop me when something is not working or something is wrong.	
Happiness	Happiness helps me play and look forward to something fun and funny.	
Contentment	Contentment helps me know when I did a good job.	
Joy	Joy helps me celebrate wonderful things and know that all is well.	