

# Emotional Check-In

On a Scale from 1-10 (1 being LOW and 10 being HIGH)  
Current Energy Level\_\_\_\_\_ Current Pleasant Feeling\_\_\_\_\_

10

9

8

7

6

5

4

3

2

1

2

3

4

5

6

7

8

9

10

E  
N  
E  
R  
G  
Y  
P  
L  
E  
A  
S  
A  
N  
T



# Emotional Grid

Use this grid to find a group of 4 words to help identify & pinpoint your emotional state from the Emotional Check-In sheet. After you highlight 4 words, choose 1 that speaks to you the most clearly & you identify with most.

ENRAGED PANICKED STRESSED JITTERY SHOCKED

LIVID FURIOUS FRUSTRATED TENSE STUNNED

FUMING FRIGHTENED ANGRY NERVOUS RESTLESS

ANXIOUS APPREHENSIVE WORRIED IRRITATED ANNOYED

REPULSED TROUBLED CONCERNED UNEASY PEEVED

SURPRISED UPBEAT FESTIVE EXHILARATED ECSTATIC

HYPER CHEERFUL MOTIVATED INSPIRED ELATED

ENERGIZED LIVELY ENTHUSIASTIC OPTIMISTIC EXCITED

PLEASED HAPPY FOCUSED PROUD THRILLED

PLEASANT JOYFUL HOPEFUL PLAYFUL BLISSFUL

DISGUSTED GLUM DISAPPOINTED DOWN APATHETIC

PESSIMISTIC MOROSE DISCOURAGED SAD BORED

ALIENATED MISERABLE LONELY DISHEARTENED TIRED

DESPONDENT DEPRESSED SULLEN EXHAUSTED FATIGUED

DESPAIR HOPELESS DESOLATE SPENT DRAINED

AT EASE EASY-GOING CONTENT LOVING FULFILLED

CALM SECURE SATISFIED GRATEFUL TOUCHED

RELAXED CHILL RESTFUL BLESSED BALANCE

MELLOW THOUGHTFUL PEACEFUL COMFY CAREFREE

SLEEPY COMPLACENT TRANQUIL COZY SERENE