

Emotional MOOD Journal

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This document helps you describe your current emotional state (fill in the blanks below if what you are feeling is not listed). Circle the number that best describes the intensity of each emotion right now. Then answer the questions below.

	Definitely Do Not Feel		Feel Somewhat			Definitely Feel	
	1	2	3	4	5	6	7
Happy	1	2	3	4	5	6	7
Sad	1	2	3	4	5	6	7
Content	1	2	3	4	5	6	7
Surprised	1	2	3	4	5	6	7
Tired	1	2	3	4	5	6	7
Grumpy	1	2	3	4	5	6	7
Nervous	1	2	3	4	5	6	7
Stressed	1	2	3	4	5	6	7
Anxious	1	2	3	4	5	6	7
Angry	1	2	3	4	5	6	7
Excited	1	2	3	4	5	6	7
Grateful	1	2	3	4	5	6	7
Compassionate	1	2	3	4	5	6	7
Vulnerable	1	2	3	4	5	6	7
Respected	1	2	3	4	5	6	7
Disrespected	1	2	3	4	5	6	7
Disgusted	1	2	3	4	5	6	7
Confused	1	2	3	4	5	6	7
Uneasy	1	2	3	4	5	6	7
Drained	1	2	3	4	5	6	7
Motivated	1	2	3	4	5	6	7
Fearful	1	2	3	4	5	6	7
Creative	1	2	3	4	5	6	7
Depressed	1	2	3	4	5	6	7
Secure	1	2	3	4	5	6	7

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1. How is the emotion you feel most intensely influencing your thinking?

2. What is making you feel this way?

3. Does this emotion leave you feeling empowered or disempowered?

4. How would you like to be feeling?

5. What can you do to help you achieve your desired emotional state?

6. How will you feel then? Really describe how you will feel when you shift your emotional state. Also, will this help you feel more empowered, more in charge?
