

# Weekly Emotion Checklist

Instructions: At the end of the day, mark with an "X" any emotions that you exhibited that day.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Anger							
Appreciative							
Authentic							
Aware							
Balanced							
Cheerful							
Compassionate							
Confused							
Courageous							
Creative							
Critical							
Daring							
Depressed							
Discouraged							
Embarrassed							
Energetic							
Forgiving							
Frustrated							
Grateful							
Happy							
Honest							
Hostile							
Hurt							
Inadequate							
Interested							
Irritated							
Jealous							
Joyful							
Lonely							
Loving							
Optimistic							
Peaceful							
Playful							
Relaxed							
Rejected							
Remorseful							
Sad							
Self-accepting							
Solutions-oriented							