

Emotions as your Guides

Emotion	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Energy Units
Grateful								
Loving								
Optimistic								
Joyful								
Passionate								
Disappointed								
Discouraged								
Melancholy								
Hopeless								
Depressed								
Impatient								
Irritated								
Resentful								
Furious								
Anxious								
Worried								
Nervous								
Overwhelmed								
Guilt								
Afraid								

*Use the blank spots to fill in other emotions you may have that are not listed.