

<i>Emotional Balance Profile</i> <i>Gail Goodwin ©2008</i> I am currently feeling....	Tick emotion	Date
1. Empowered		
2. Grateful		
3. Loving		
4. Passionate		
5. Motivated		
6. Enthusiastic		
7. Optimistic		
8. Hopeful		
9. Content		
10. Bored		
11. Pessimistic		
12. Frustrated		
13. Overwhelmed		
14. Disappointed		
15. Doubtful		
16. Worried		
17. Anxious		
18. Blaming		
19. Discouraged		
20. Angry		
21. Vengeful		
22. Furious		
23. Hateful		
24. Jealous		
25. Insecure		
26. Guilty		
27. Unworthy		
28. Grief		
29. Despair		
30. Depressed		