

PURPOSE
IN THIS PLACE

LIST OF EMOTIONS

SAD <ul style="list-style-type: none">• Crushed• Dejected• Depressed• Desperate• Disgusted• Dismayed• Frustrated• Heavy• Sorrowful• Upset• Weepy	HAPPY <ul style="list-style-type: none">• Amused• Charmed• Content• Delighted• Enthusiastic• Glad• Grateful• Joyful• Loving• Optimistic• Pleased	HURT <ul style="list-style-type: none">• Abused• Betrayed• Criticized• Damaged• Impaired• Jealous• Let down• Punished• Rejected• Tender• Wounded	CONFIDENT <ul style="list-style-type: none">• Assured• Brave• Certain• Comforted• Encouraged• Faithful• Peaceful• Prepared• Secure• Strong• Successful	ENERGIZED <ul style="list-style-type: none">• Creative• Determined• Focused• Healthy• Inspired• Invigorated• Motivated• Refreshed• Renewed• Strengthened• Vibrant
ANXIOUS <ul style="list-style-type: none">• Afraid• Desperate• Frozen• Hurt• Mixed up• Stressed• Stuck• Stunned• Troubled• Uncomfortable• Unsure	ANGRY <ul style="list-style-type: none">• Agitated• Annoyed• Bitter• Critical• Fed up• Furious• Irritated• Livid• Mad• Raging• Resentful	TIRED <ul style="list-style-type: none">• Bored• Burned out• Dejected• Drained• Dull• Exhausted• Fatigued• Indifferent• Listless• Powerless• Weary	STRONG <ul style="list-style-type: none">• Ambitious• Certain• Confident• Dynamic• Empowered• Hardy• Powerful• Secure• Sure• Tenacious• Unique	LOVED <ul style="list-style-type: none">• Accepted• Appreciated• Befriended• Blessed• Cherished• Commended• Empowered• Healed• Helped• Saved• Understood

Expand your emotional vocabulary by recognizing there are many emotions to choose from. When running a model, try looking at this list and choose the one emotion you are feeling the strongest. Write it down in your feeling line.