

BASICS OF THE CIRCLE OF INFLUENCE

SESSION 1

worksheets



Homework:

- *Fill out Top 3 Emotions Worksheet, use the list of emotions to help guide you*

PURPOSE
IN THIS PLACE

CIRCLE OF INFLUENCE

CUE

(a signal to start or do something)



MY TOP 3 EMOTIONS

tapping into the heart

On a daily basis what are your three most common feelings?

1. _____
2. _____
3. _____

Why do you think you have those feelings on a daily basis?

What do you think this says about you and your life?

Are you content with these feelings on a regular basis? Yes or No?

What would need to happen for you to change these feelings?

What would you like your top three feelings to be?

1. _____
2. _____
3. _____

How do you believe your life would be different if you lived with the feelings you want instead of the feelings you have?

LIST OF EMOTIONS

expand your emotional vocabulary

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. Try looking at this list and choose the one emotion you are feeling the strongest.

Notes

Date / /

