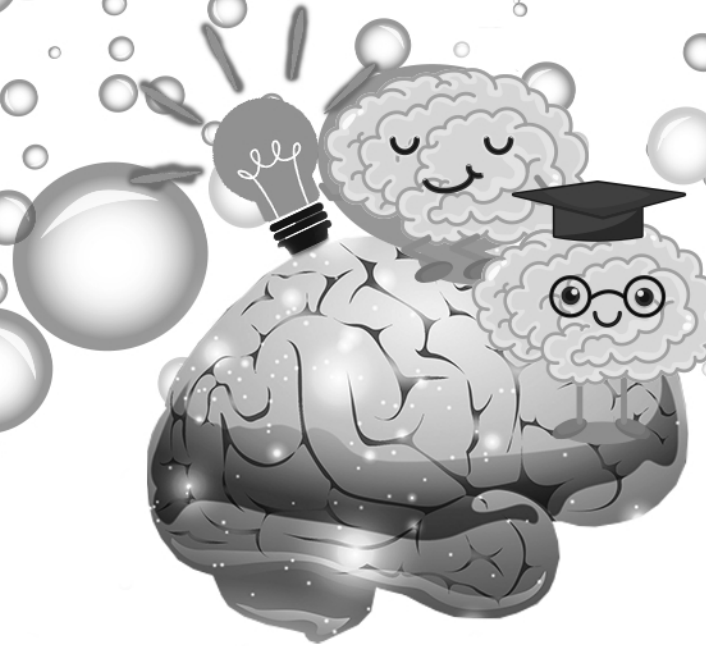


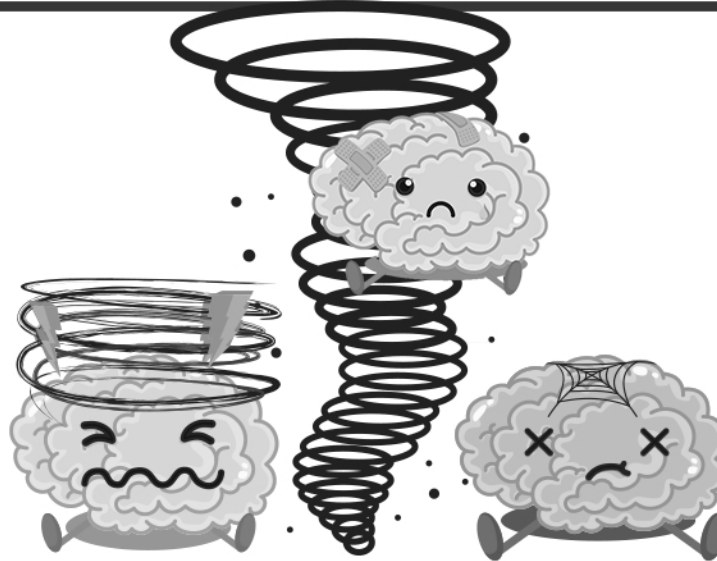
happy present  
love enthusiasm  
awe abundant  
playful proud  
driven thoughtful  
settled relaxed  
inspired hopeful  
connected grateful



purposeful  
mindful grounded  
compassionate  
content calm  
connected friendly  
motivated social  
serenity interest  
amused open

**INSTRUCTIONS:** Look at each word to see which ones you have been relating to lately. Put a DOT next to the ones that you relate to over the past 2 WEEKS. UNDERLINE the words that you relate to during any given WEEK. CIRCLE the ones that are typical for any given DAY.

angry stressed  
disgust frustrated  
sad overwhelmend  
resentful alone  
numb envious  
shut-off unsettled



empty lost  
purpose-less  
confused hazed  
burnt-out jaded  
hopeless uninspired  
unmotivated