

EMOTIONS TRACKING

Humans have 27 emotions! That is a lot of feelings and these feelings are very important to helping you stay in alignment.

This document is to help you track how you are feeling. Our goal is for 80-90% feeling good! Here are the 27 emotions you can choose from!

- Admiration
- Adoration
- Aesthetic Appreciation
- Amusement
- Anxiety
- Awe
- Awkwardness
- Boredom
- Calmness
- Confusion
- Craving
- Disgust
- Empathetic pain
- Entrancement
- Envy
- Excitement
- Fear
- Horror
- Interest
- Joy
- Nostalgia
- Romance
- Sadness
- Satisfaction
- Sexual desire
- Sympathy
- Triumph

Steps

1. Track your emotions for one week.
2. Analyze your tracking sheet to determine the percent of time you are spending on negative emotions vs. positive emotions.
3. Track your emotions for another week, but this time when you feel a negative emotion, replace it with a positive one.
4. Analyze your percentages and aim for 80-90% positive emotions!

TIME

Emotion

Event Taking Place

6:00 am

9:00 am

Noon

3:00 pm

6:00 pm

9:00 pm

Midnight - I really hope you're sleeping!

EMOTIONS TRACKING

Week two tracking sheet. Remember, the goal is for 80-90% feeling good! Here are the 27 emotions you can choose from!

- Admiration
 - Adoration
 - Aesthetic Appreciation
 - Amusement
 - Anxiety
 - Awe
 - Awkwardness
 - Boredom
 - Calmness
- Confusion
 - Craving
 - Disgust
 - Empathetic pain
 - Entrancement
 - Envy
 - Excitement
 - Fear
 - Horror
- Interest
 - Joy
 - Nostalgia
 - Romance
 - Sadness
 - Satisfaction
 - Sexual desire
 - Sympathy
 - Triumph

TIME	Emotion	Event Taking Place
6:00 am		
9:00 am		
Noon		
3:00 pm		
6:00 pm		
9:00 pm		
Midnight - I really hope you're sleeping!		

NOTES: