



* Click the feeling wheel for a larger version of the image *

CIRCLE FEELINGS THAT YOU HAVE FREQUENTLY FELT IN THE LAST WEEK THAT YOU ENJOY AND SERVE YOU TO YOUR HIGHEST BENEFIT

CIRCLE AN FEELING THAT YOU HAVE FREQUENTLY FELT IN THE LAST WEEK THAT YOU DON'T ENJOY FEELING AND DOESN'T SERVE YOU WELL

What do you notice in your body when you feel this way?	
SERVES ME	DOESN'T SERVE ME
Why do I feel this way?	
SERVES ME	DOESN'T SERVE ME

What common events trigger these feelings?	
SERVES ME	DOESN'T SERVE ME
What can I do to ensure that I feel less of more of these feelings?	
SERVES ME	DOESN'T SERVE ME