

EMOTIONS

TRACK YOUR EMOTIONS TO BETTER UNDERSTAND YOUR HABITS

EMOTIONS	
CONTENTMENT	<div>1 2 3 4 5 6 7 8 9 10 11 12 13 14 15</div> <div>16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31</div>
SADNESS / DISPAIR	<div>1 2 3 4 5 6 7 8 9 10 11 12 13 14 15</div> <div>16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31</div>
ANGER / ANNOYANCE	<div>1 2 3 4 5 6 7 8 9 10 11 12 13 14 15</div> <div>16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31</div>
SURPRISE / EXCITEMENT	<div>1 2 3 4 5 6 7 8 9 10 11 12 13 14 15</div> <div>16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31</div>
ANXIETY / FEAR / STRESS	<div>1 2 3 4 5 6 7 8 9 10 11 12 13 14 15</div> <div>16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31</div>
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RELIEVED
ENJOYMENT
PEACE
CONTENTMENT

DISGUST
HOPELESS
TROUBLED
DISSAPPOINTED

PRIDE
ARROGANCE
SELF CONFIDENCE
VALUED

INSPIRED
ENERGETIC
CURIOUS
DISHEVELLED