

Navigate Your Feelings

EMOTIONAL COMPASS



- *Happiness, Wisdom, and Strength
 - *Liberty, Affection, and Gratitude
 - *Passion
 - *Excitement, Eagerness, and Joy
 - *Positive Anticipation and Confidence
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- *Optimistic
 - *Hopeful
 - *Content
 - *Bored
-
- *Cynicism
 - *Frustration, Impatience, and Irritation
 - *Overwhelmed
 - *Dissapointed
 - *Doubtful
-
- *Worried
 - *Accusatory
 - *Discouraged
 - *Angry
 - *Vengeful
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- *Hate and Rage
 - *Jealous and Envy
 - *Insecurity, unworthy and Guilt
 - *Fear, Despair, Grief, Desperate, and Powerless



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*adapted from Abraham Hicks
Emotional Guidance Scale