

Date _____

Snapshot Rating

Rate how you're feeling in each of these areas of your life. Rating scale is 1 (low) to 10 (high).

Business

Family

Personal/Self

Forum

Since Your Last Forum Meeting

What are the three most important things that have happened in your life since you last met with your Forum?

	Brief Description	Significance, Impact	Emotions, Feelings* (3 words)	Next Steps, Actions?
1				
2				
3				

**Use the Feel Wheel (page 2) if you need help finding words to describe how you feel.*

Share "Emotions, Feelings" column first.

Most looking forward to next month:

This circular diagram illustrates 100 emotions, organized into five main categories, each with a distinct color and a central label. The emotions are arranged in concentric rings, with the inner ring representing the primary category and the outer rings representing more specific emotional states.

- Happy (Yellow):** Includes 20 emotions such as Joyful, Content, Proud, and Loving.
- Sad (Blue):** Includes 20 emotions such as Lonely, Depressed, and Grief.
- Angry (Red):** Includes 20 emotions such as Furious, Bitter, and Hostile.
- Fearful (Orange):** Includes 20 emotions such as Scared, Anxious, and Nervous.
- Surprised (Purple):** Includes 20 emotions such as Shocked, Astonished, and Amazed.

The diagram uses a color-coded system to distinguish between the five main emotional groups, with each group having a unique color and a central label. The emotions are arranged in concentric rings, with the inner ring representing the primary category and the outer rings representing more specific emotional states.

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