## Move UP the emotional scale

## On a scale of 1-10 (10 being the best) where do you fall on Emotional Toughness Scale of Emotion

Joy/Appreciation/Empowered/Freedom/Love
Passion
Enthusiasm/Eagerness/Happiness
Positive Expectation/Belief/Optimism
Hopefulness
Contentment
Boredom
Pessimism
Frustration/Irritation/Impatience
Disappointment
Doubt
Worry
Blame
Discouragement
Anger/Revenge
Hatred/Rage
Jealousy
Insecurity/Guilt/Unworthiness
Fear/Grief/Despair/Powerlessness