









ASSESSMENT: *EMOTIONAL*

Rate each statement between 1 to 10.

1 = Nope, not at all.

5 = Unsure.

10 = Yes, absolutely.

- 1 I take time each day to practice gratitude. 
- 2 I mostly keep a positive outlook. 
- 3 I feel all of my emotions instead of numbing them with business, food, alcohol, etc... 
- 4 I honor and accept all my emotions. 
- 5 I choose to learn from negative situations instead of perpetually being a victim. 
- 6 I choose to be present and aware. 
- 7 I regularly cultivate peace and love for myself and others. 
- 8 I fully accept my emotional self (laughter, temper-tantrums, "the ugly cry") 

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