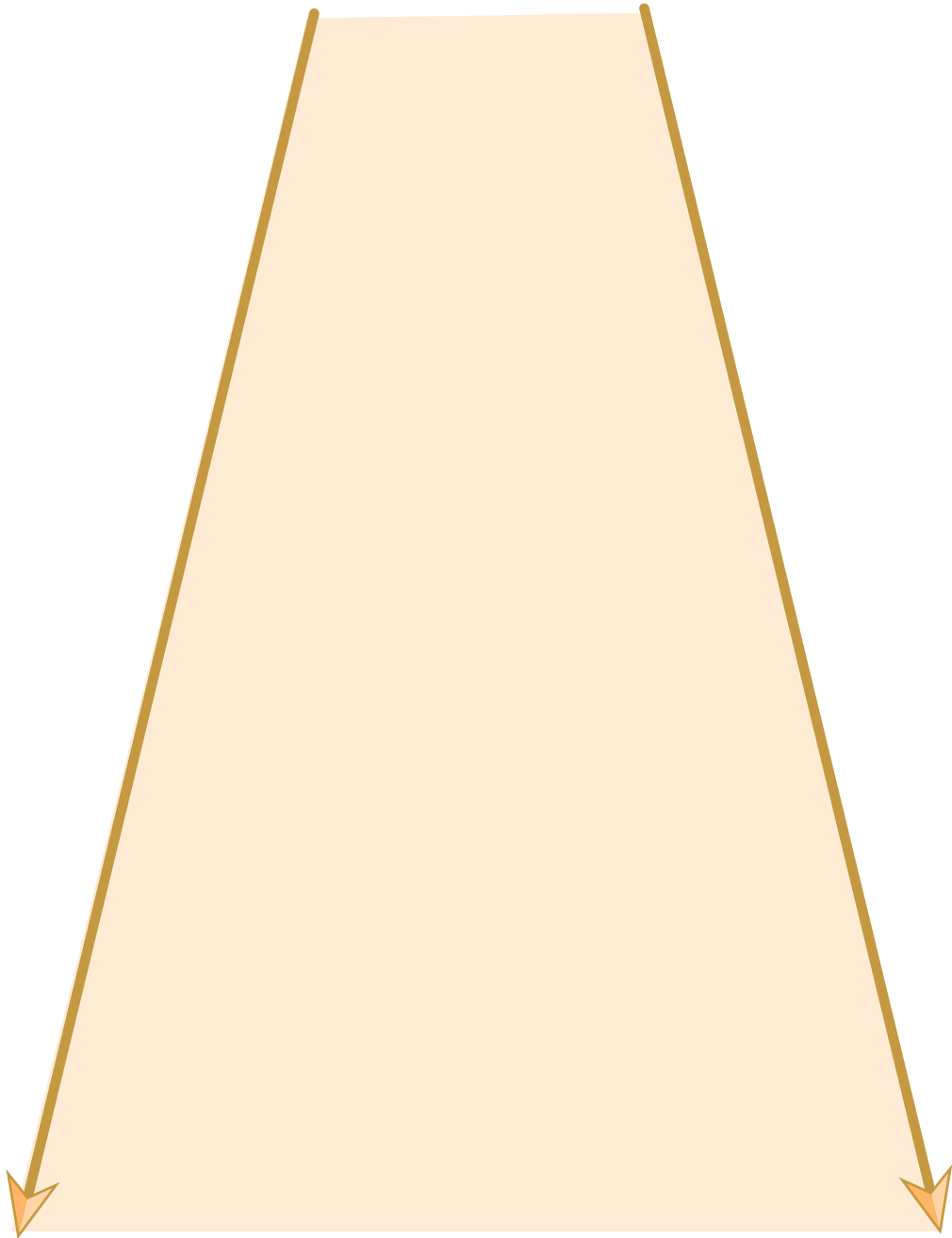


WORKSHEET

DAY 3 WORKSHEET

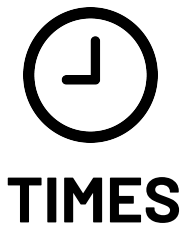
DAY 3 WORKSHEET



ULTIMATE LIFE 5-DAY CHALLENGE

EMOTIONAL REGULATOR

Use this tool to regularly track the emotions you feel throughout your day. Keep this sheet with you and leave a checkmark in the corresponding box below, INCOHERENCE or COHERENCE based upon your current emotions at that time. When your sheet is fully complete, find your total marks in each category.



ZONE OF DESPERATION

- JUDGEMENT
- GUILT
- SHAME
- ANGER
- PRIDE
- BLAME
- CRITICISM

ZONE OF INSPIRATION

- LOVE
- GRATITUDE
- APPRECIATION FOR SELF
- APPRECIATION FOR LIFE
- STATE OF CREATION
- WEALTH
- FULFILLMENT
- HEALTH

08:00 AM

10:00 AM

12:00 PM

02:00 PM

04:00 PM

06:00 PM

08:00 PM

EMOTIONAL TOTAL
