

Some feelings in the  
**BLUE ZONE**



**Bored**



**Hurt**



**Sick**



**Tired**



**Exhausted**



**Sad**

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Low levels of energy  
and down feelings

Some feelings in the  
**GREEN ZONE**



**Calm**



**Happy**



**Okay**



**Focused**



**Proud**

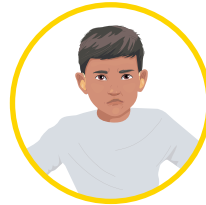


**Relaxed**

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Calm energy and a  
sense of control

Some feelings in the  
**YELLOW ZONE**



**Frustrated**



**Worried**



**Energetic**



**Silly**



**Excited**



**Annoyed**

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Higher energy and  
stronger feelings

Some feelings in the  
**RED ZONE**



**Overjoyed**



**Wild**



**Angry**



**Out of Control**



**Terrified**



**Furious**

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Extremely high energy  
and strongest feelings