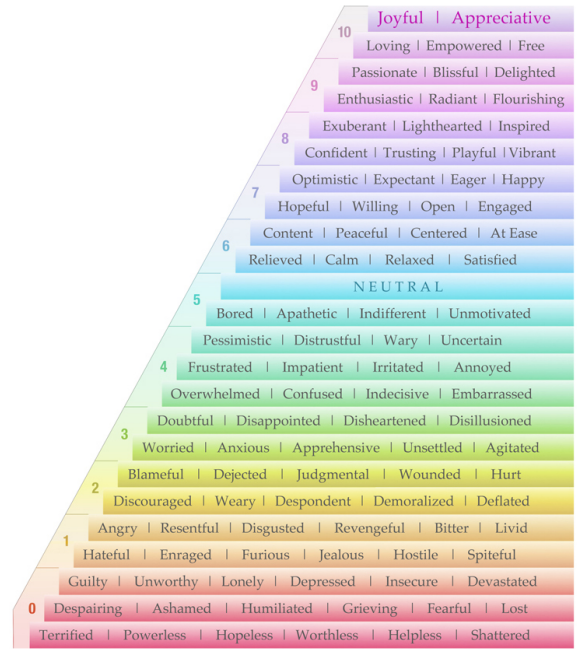


My Emotion Journey

This chart will help to track your progression on the Emotion Elevator throughout the course. [HINT: There is a large Elevator on the back cover of your *Reimagine Journal*.]

Don't worry if you seem to go down as often as you go up — that is part of the journey. Before long, you will see progress. This is not a race. The goal is to simply observe where your emotions take you.

After each class, please write a sentence that best describes your predominant emotion as the class ended. Some movement will be made during our nine weeks together, and this chart will help you in those times when you doubt that you have moved at all.



Class My Predominant Emotion Sentence

1

2

3

4

5

6

7

8

9
