

Taking Emotional Inventory

Directions: Over the course of the next week or so, observe and record your own emotions on the form below. Aim to record your emotions at least three times a day and for at least three different days. Record the date (and day), time, and your emotional state (i.e., how you are feeling...happy, angry, sad, excited, anxious). No need to analyze at this point—simply observe and record. Click [here](#) to download a list with tons of feeling words. As you have time, you might also record the context (i.e., what you were doing, where you were, and who was with you).

Here are some suggestions for **when** to record:

- Around the same time each day for at least one daily entry. Remember, you are aiming for three entries a day across at least three days.
- At a random time, yet when you are with most of the Shoreline group/team (e.g., staff meeting, planning time).
- At a time that isn't during "work hours".

Date & day of the wk	Time	Emotion	Context

Before we gather for Session 2, take a minute and review your entries. What patterns or trends do you see? Is it easy to identify a ratio of positive to negative emotions/experiences? What else can you learn from this exercise? We'll also ask you to share a bit during our live gathering.

Adapted from Boyatzis, Van Oosten, Smith - *Conversations That Inspire: Coaching Learning, Leadership and Change* - Case Western Reserve University