




TRUE LIVING  
/coaching

**Your Life by Your Design**

# THE SEVEN DAY EMOTIONAL WELLNESS MAP

Discover your Emotional Home



Meaning = Emotion  
Emotion = Life

## WHAT IS EMOTION?

Emotion is the feeling state that we experience according to the meaning we have given something.

We give everything meaning, either consciously or unconsciously. We see children at the park and the meaning we could give that is around connection, having fun and happiness. The emotions that we then experience watching that is joy or happiness.

We see a bad car accident on our way home from work and the meaning we could give that is around loss, injury and possibly death. The emotion we experience is fear or panic.

Some people think that emotional states just happen to us –

“I woke up in a bad mood.”

“The traffic always makes me frustrated.”

“I can’t help but get angry when the kids leave their toys lying around.”

### **But this is not true.**

We CHOOSE our emotional states. Whether it be a conscious choice or an unconscious choice, it is ALWAYS a choice.

When we ACKNOWLEDGE the emotional states we choose to live in most often, were able to choose differently.

## WHY DO THIS SEVEN DAY WELLNESS MAP?

Part of any transformation is to get an understanding of where you are right now.

If you don't know where you are starting from, how will you know in which direction to head?

Take, for example, the directions required to travel from one city in Australia to another.

If you were wanting to travel from Melbourne to Sydney, you would head in a northeasterly direction.

But what if you were starting your journey from Cairns? The directions to Sydney would need to be very different! Imagine where you would end up if you left Cairns and travelled northeasterly, as if you were leaving Melbourne? You'd end up heading in the opposite direction to the one you needed!

Understanding where you are starting from is the key to creating a successful and effective plan.

The Emotional Wellness Map will help you track your emotional states over a seven day period allowing you to see where you emotionally live.

Once you have your emotional baseline, you will be able to make some powerful choices around what emotional states you want to experience more of.



# HOW DOES THE EMOTIONAL WELLNESS MAP WORK?

Each day for an entire week you will observe how you feel about the four main areas of your life.

**Relationships**

**Career**

**Health & Vitality**

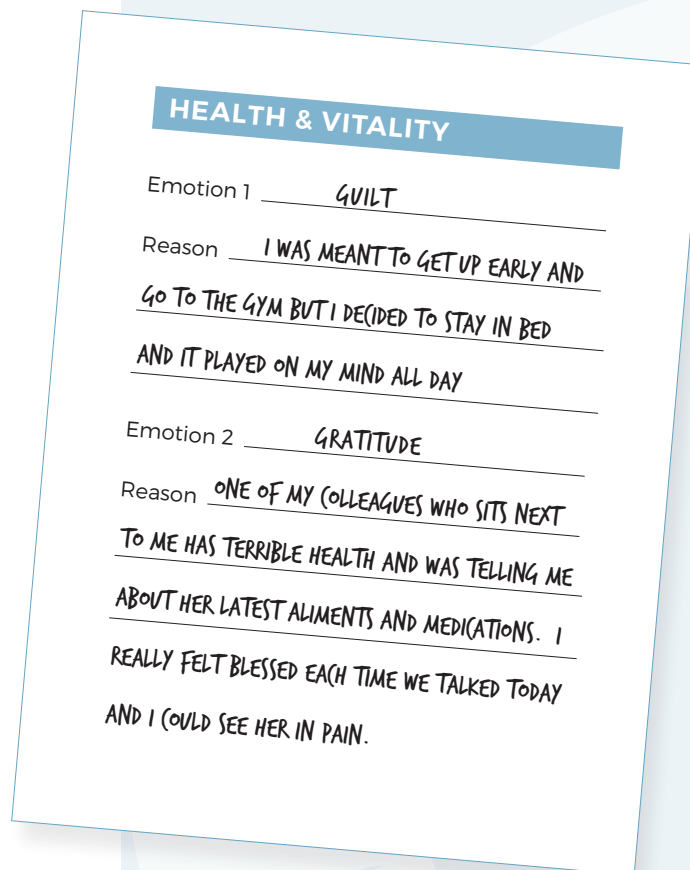
**Wealth**

Each evening, review your day by capturing the two emotional states that you experienced the MOST of in each of the four areas. List the reason why you experienced this emotional state the most.

Over the seven days, on the following pages, track how you emotionally feel across these four areas.

At the end of the week, there is a small overview that, once completed, will help you create your current emotional home and give you the beginnings of a new direction for your life.

The the back of this document, you'll find extra space to write if you need. Or keep this one blank and photocopy off extra pages to use.



An example of a day of the Seven Day Tracker filled in.

Here is a list of different emotional states you can choose from, if you are struggling to name them yourself:

- Guilt
- Gratitude
- Anger
- Kindness
- Love
- Hatred
- Fear
- Grief
- Confidence
- Courageous
- Brave
- Shame
- Shamelessness
- Benevolence
- Pity
- Worry
- Scared
- Acceptance
- Indignation
- Envy/Jealousy
- Contempt
- Sadness
- Joy
- Happy
- Disgust
- Surprise
- Trust
- Admiration
- Anticipation
- Confusion
- Bewilderment
- Vigilance
- Interest
- Optimism
- Ecstasy
- Serenity
- Terror
- Apprehension
- Awe
- Amazement
- Surprise
- Distraction
- Disapproval
- Sadness
- Pensiveness
- Remorse
- Loathing
- Boredom
- Contempt
- Rage
- Annoyance
- Agressiveness
- I don't know

# MONDAY

What are the two main emotional states that you experienced around this area in your life today? What is the main reason that this was the emotional state that you experienced the most in this area?

## RELATIONSHIPS

Emotion 1 \_\_\_\_\_

Reason \_\_\_\_\_

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Emotion 2 \_\_\_\_\_

Reason \_\_\_\_\_

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## HEALTH & VITALITY

Emotion 1 \_\_\_\_\_

Reason \_\_\_\_\_

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Emotion 2 \_\_\_\_\_

Reason \_\_\_\_\_

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## CAREER

Emotion 1 \_\_\_\_\_

Reason \_\_\_\_\_

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Emotion 2 \_\_\_\_\_

Reason \_\_\_\_\_

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## WEALTH

Emotion 1 \_\_\_\_\_

Reason \_\_\_\_\_

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Emotion 2 \_\_\_\_\_

Reason \_\_\_\_\_

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# TUESDAY

What are the two main emotional states that you experienced around this area in your life today? What is the main reason that this was the emotional state that you experienced the most in this area?

## RELATIONSHIPS

Emotion 1 \_\_\_\_\_

Reason \_\_\_\_\_

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Emotion 2 \_\_\_\_\_

Reason \_\_\_\_\_

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## HEALTH & VITALITY

Emotion 1 \_\_\_\_\_

Reason \_\_\_\_\_

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Emotion 2 \_\_\_\_\_

Reason \_\_\_\_\_

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## CAREER

Emotion 1 \_\_\_\_\_

Reason \_\_\_\_\_

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Emotion 2 \_\_\_\_\_

Reason \_\_\_\_\_

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## WEALTH

Emotion 1 \_\_\_\_\_

Reason \_\_\_\_\_

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Emotion 2 \_\_\_\_\_

Reason \_\_\_\_\_

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# WEDNESDAY

What are the two main emotional states that you experienced around this area in your life today? What is the main reason that this was the emotional state that you experienced the most in this area?

## RELATIONSHIPS

Emotion 1 \_\_\_\_\_

Reason \_\_\_\_\_

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Emotion 2 \_\_\_\_\_

Reason \_\_\_\_\_

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## HEALTH & VITALITY

Emotion 1 \_\_\_\_\_

Reason \_\_\_\_\_

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Emotion 2 \_\_\_\_\_

Reason \_\_\_\_\_

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## CAREER

Emotion 1 \_\_\_\_\_

Reason \_\_\_\_\_

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Emotion 2 \_\_\_\_\_

Reason \_\_\_\_\_

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## WEALTH

Emotion 1 \_\_\_\_\_

Reason \_\_\_\_\_

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Emotion 2 \_\_\_\_\_

Reason \_\_\_\_\_

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# THURSDAY

What are the two main emotional states that you experienced around this area in your life today? What is the main reason that this was the emotional state that you experienced the most in this area?

## RELATIONSHIPS

Emotion 1 \_\_\_\_\_

Reason \_\_\_\_\_

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Emotion 2 \_\_\_\_\_

Reason \_\_\_\_\_

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## HEALTH & VITALITY

Emotion 1 \_\_\_\_\_

Reason \_\_\_\_\_

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Emotion 2 \_\_\_\_\_

Reason \_\_\_\_\_

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## CAREER

Emotion 1 \_\_\_\_\_

Reason \_\_\_\_\_

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Emotion 2 \_\_\_\_\_

Reason \_\_\_\_\_

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## WEALTH

Emotion 1 \_\_\_\_\_

Reason \_\_\_\_\_

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Emotion 2 \_\_\_\_\_

Reason \_\_\_\_\_

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# FRIDAY

What are the two main emotional states that you experienced around this area in your life today? What is the main reason that this was the emotional state that you experienced the most in this area?

## RELATIONSHIPS

Emotion 1 \_\_\_\_\_

Reason \_\_\_\_\_

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Emotion 2 \_\_\_\_\_

Reason \_\_\_\_\_

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## HEALTH & VITALITY

Emotion 1 \_\_\_\_\_

Reason \_\_\_\_\_

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Emotion 2 \_\_\_\_\_

Reason \_\_\_\_\_

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## CAREER

Emotion 1 \_\_\_\_\_

Reason \_\_\_\_\_

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Emotion 2 \_\_\_\_\_

Reason \_\_\_\_\_

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## WEALTH

Emotion 1 \_\_\_\_\_

Reason \_\_\_\_\_

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Emotion 2 \_\_\_\_\_

Reason \_\_\_\_\_

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# SATURDAY

What are the two main emotional states that you experienced around this area in your life today? What is the main reason that this was the emotional state that you experienced the most in this area?

## RELATIONSHIPS

Emotion 1 \_\_\_\_\_

Reason \_\_\_\_\_

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Emotion 2 \_\_\_\_\_

Reason \_\_\_\_\_

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## HEALTH & VITALITY

Emotion 1 \_\_\_\_\_

Reason \_\_\_\_\_

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Emotion 2 \_\_\_\_\_

Reason \_\_\_\_\_

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## CAREER

Emotion 1 \_\_\_\_\_

Reason \_\_\_\_\_

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Emotion 2 \_\_\_\_\_

Reason \_\_\_\_\_

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## WEALTH

Emotion 1 \_\_\_\_\_

Reason \_\_\_\_\_

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Emotion 2 \_\_\_\_\_

Reason \_\_\_\_\_

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# SUNDAY

What are the two main emotional states that you experienced around this area in your life today? What is the main reason that this was the emotional state that you experienced the most in this area?

## RELATIONSHIPS

Emotion 1 \_\_\_\_\_

Reason \_\_\_\_\_

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Emotion 2 \_\_\_\_\_

Reason \_\_\_\_\_

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## HEALTH & VITALITY

Emotion 1 \_\_\_\_\_

Reason \_\_\_\_\_

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Emotion 2 \_\_\_\_\_

Reason \_\_\_\_\_

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## CAREER

Emotion 1 \_\_\_\_\_

Reason \_\_\_\_\_

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Emotion 2 \_\_\_\_\_

Reason \_\_\_\_\_

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## WEALTH

Emotion 1 \_\_\_\_\_

Reason \_\_\_\_\_

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Emotion 2 \_\_\_\_\_

Reason \_\_\_\_\_

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# REVIEW

Look back over your week. Write down here the emotional states that occur the most often.

## RELATIONSHIPS

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## HEALTH & VITALITY

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## CAREER

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## WEALTH

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# GETTING CLARITY

1. Of these emotions that you've listed above, circle the ones that are the same across all four areas of your life.
2. List the two similar top emotional states that you have experienced this week.

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3. Use this rating scale to work out how happy/unhappy you are across the four areas to create your emotional baseline. (Where 1 is very unhappy and 10 is very happy.)

<b>Relationships</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	1	2	3	4	5	6	7	8	9	10

<b>Career</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	1	2	3	4	5	6	7	8	9	10

<b>Health &amp; Vitality</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	1	2	3	4	5	6	7	8	9	10

<b>Wealth</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	1	2	3	4	5	6	7	8	9	10

4. How is living in these emotional states impacting the quality of your life?

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5. What are you prepared to do or change to create even more emotional wellness?

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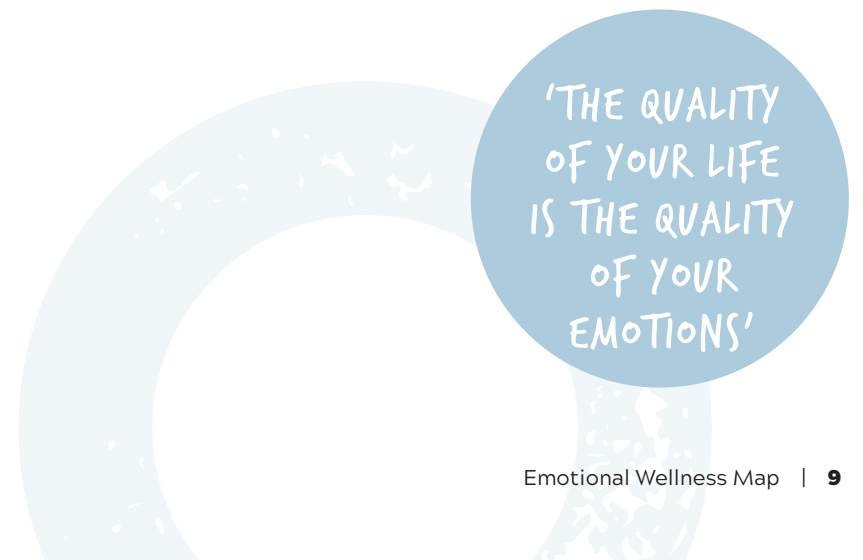
6. How will you know if the actions you have chosen to do are effective? Be specific!

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# FURTHER WRITING

Use this page to extend your writing as required. Photocopy this page as many times as you need.

**Day of the week** \_\_\_\_\_ **Emotion** (please circle) **1** or **2** \_\_\_\_\_

**Area of your life** (please circle) Relationships Career Health & Vitality Wealth

**Reason** \_\_\_\_\_

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**Day of the week** \_\_\_\_\_ **Emotion** (please circle) **1** or **2** \_\_\_\_\_

**Area of your life** (please circle) Relationships Career Health & Vitality Wealth

**Reason** \_\_\_\_\_

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**Day of the week** \_\_\_\_\_ **Emotion** (please circle) **1** or **2** \_\_\_\_\_

**Area of your life** (please circle) Relationships Career Health & Vitality Wealth

**Reason** \_\_\_\_\_

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**Day of the week** \_\_\_\_\_ **Emotion** (please circle) **1** or **2** \_\_\_\_\_

**Area of your life** (please circle) Relationships Career Health & Vitality Wealth

**Reason** \_\_\_\_\_

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## WORKING WITH A TRUE LIVING COACH

Sometimes working out how to change the way you experience life can be challenging on your own. Often it's a matter of trial and error, taking up a lot of time and energy with very little reward. It is easy to get disillusioned along the way and want to give up.

People who are truly committed to getting results in their life will often work with someone who can coach, guide or mentor them. This not only saves time and money, but will prevent them from making common mistakes and will fast track their results.

If you are tired of feeling average or low quality emotions and are ready to transform your life, we would love to work with you. Our True Living Coaching team is passionate about people living their very best life, so now is the time for you to make the decision and change the course of yours.

**Book your coaching session now and create  
"Your Life by Your Design".**



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