

Wellbeing inspr thatz  
**practical, not preachy**

love. Louise x

[www.louisethompson.com](http://www.louisethompson.com)



WELLBEING WARRIORS

**life  
coaching  
academy**

LOUISE THOMPSON  
MASTERCOACH | AUTHOR | SPEAKER

## ~ Emotional Health Month ~ Worksheet - August 2023

When considering the 4 Emotional states (mad, sad, glad, scared): which is currently your most dominant? What do you feel the most frequently in this chapter of life?

No judgement here: it's all good information and Interesting Mister Bond!

### MAD PIE ANALYSIS

- What do you frequently feel frustrated, angry, mad about?
- WHAT have you been pissed off about the longest or the most?
- WHO makes you resentful? Frustrated? Angry?
- What % of your waking time are you in this piece of pie?
- WHAT DO YOU WANT TO LET GO OF HERE?
- ANYTHING YOU WANT TO TAKE ACTION ON HERE?

Notes, thoughts, observations, themes, actions, things to release	%

## SAD PIE ANALYSIS

- What do you frequently feel sad or upset about?
- WHAT have you been upset about the longest or the most?
- WHO makes you unhappy?
- What % of your waking time are you in this piece of pie?
- WHAT DO YOU WANT TO LET GO OF HERE?
- ANYTHING YOU WANT TO TAKE ACTION ON HERE?

Notes, thoughts, observations, themes, actions, things to release	%

## GLAD PIE ANALYSIS

- What do you frequently feel happy or elated about?
- WHAT have you been pleased or proud about the longest or the most?
- WHO makes you happy?
- What % of your waking time are you in this piece of pie?
- WHAT DO YOU WANT TO KEEP HERE?
- ANYTHING YOU WANT TO TAKE ACTION ON HERE?

Notes, thoughts, observations, themes, actions, things to release	%

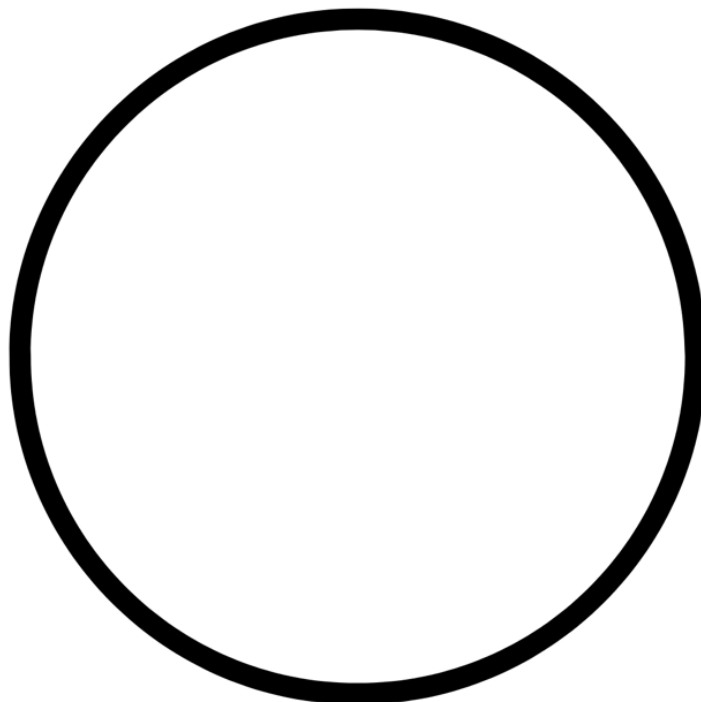
## SCARED PIE ANALYSIS

- What do you frequently feel worried, scared, anxious about?
- WHAT have you been worried about the longest or the most?
- WHO makes you nervous? Worried? Stressed?
- What % of your waking time are you in this piece of pie?
- WHAT DO YOU WANT TO LET GO OF HERE? HOW MUCH IS REAL? HOW MUCH IS FAKE LIZARD FEAR?
- ANYTHING YOU WANT TO TAKE ACTION ON HERE?

Notes, thoughts, observations, themes, actions, things to release	%

## EMOTIONAL INVENTORY SUMMARY

What is your current Emotional Pie? Add the percentages for MAD, SAD, GLAD, SCARED.



EMOTION PIE	%
MAD	
SAD	
GLAD	
SCARED	

Notes here. What do you want to increase by 1-5%, reduce by 1-5%?