

EMOTIONS HUD WORKSHEET

1ST FEELS COLOR

HUD WORK COLOR

...FEELING IT IN MY...

- ☐ HEAD
- ☐ EYES
- ☐ NOSE
- ☐ EARS
- ☐ CHEEKS
- ☐ MOUTH
- ☐ THROAT
- ☐ NECK
- ☐ SHOULDERS
- ☐ CHEST
- ☐ BACK
- ☐ BELLY
- ☐ ARMS
- ☐ LEGS
- ☐ HANDS
- ☐ FEET

...AND IT FEELS...

GOOD ←-----→ BAD
 FULL ←-----→ EMPTY
 LOFTY ←-----→ HEAVY

EASY ←-----→ HARD
 FLUID ←-----→ SOLID
 HOT ←-----→ COLD
 DRY ←-----→ WET
 OPEN ←-----→ CLOSED
 WELL ←-----→ ICKY

... AND I WANT ...

MORE LIKE THIS

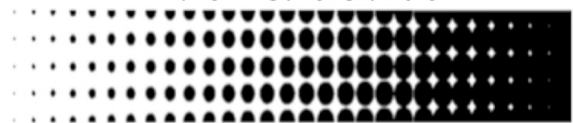
SOMETHING DIFFERENT

IDON'T KNOW YET

ALIGNMENT



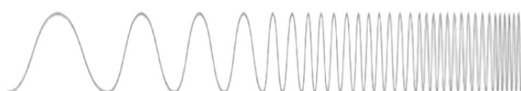
PERSPECTIVE



ENERGY



VIBES



REV



HEADS-UP



EMOTIONS HUD WORKSHEET

[M][Tu][W][Th][F][Sa][Su] DATE: _____

RAW (FIRST FEELS AND HAPPENING, NO FILTER):

REAL CAUSE (CURRENT THOUGHTS, PERSPECTIVES AND BELIEFS):

CHANGES (NEW THOUGHTS, PERSPECTIVES AND BELIEFS):
