

# *Know Yourself exercise*

## *Emotional bingo!*

Sometimes it can be hard to know how you're feeling. Carry out an emotional check-in once a day using this sheet to identify how you're feeling. It can be helpful to read the emotions out loud and see how you feel when you hear each one.

Mad	Blue	Unsure	Peaceful	Happy
Angry	Down	Confused	Peaceful	Joyous
Frustrated	Despondent	Ambivalent	Relaxed	Excited
Irritated	Apathetic	Detached	Serene	Happy
Mad	Demotivated	Unsure	Calm	Upbeat
Furious	Hopeless	Indecisive	Composed	Positive
Annoyed	Blue	Wobbly	In control	Optimistic
Exasperated	Fearful	Chaotic	Present	Loved
Cross	Anxious	Nervous	Supported	Blissful
Hostile	Gloomy	Questioning	Appreciative	Free
Aggressive	Stressed	Directionless	Fulfilled	Grateful
Suspicious	Overwhelmed	Adrift	Content	Energised