

Mission Impact

Emotional Fitness

REVIEW YOUR FEELINGS

Total Score:

	1 = Strongly Disagree	2 = Disagree	3= Neither agree nor disagree	4 = Agree	5 = Strongly Agree
1. I pay attention to how I am feeling.					
2. I recognize when I'm upset.					
3. At any given moment, it's easy for me to describe my feelings.					
4. I can identify my specific emotions-beyond mad, sad, and glad.					
5. I can identify where in my body I feel an emotion.					
6. I don't take things personally.					
7. I stay composed and positive, even in trying moments.					
8. It's rare that I show frustration.					
9. I don't get caught up in ruminating after something upsetting happens.					
10. I have compassion for myself when I make a mistake.					
11. I have a good sense of what's going on around me.					
12. I am aware of how my emotions affect others.					
13. I am in touch with other people's emotions.					
14. During my day, I take time to quiet my mind.					
15. I am open to whatever thoughts or emotions I experience.					
16. It's normal to sometimes feel sad, fearful, or angry.					
17. I give myself permission to have my emotions, even if they don't make sense.					



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18. I rarely hold on to hurts and disappointments.					
19. I bounce back quickly from adversity or setbacks.					
20. I rely on my emotions as a source of wisdom to guide me in my daily life.					

Reflective Questions:

1. What stands out to you and why?
2. Is there a story attached to this?
3. Which area(s) might be useful to develop in?

Next Steps:

If you'd like to explore your emotional fitness further, you can share this worksheet with me in a 90 minute coaching session. Simply email me, sharing a little about how I can be useful to you.

Please return this assessment to: holly@evolving.careers