

Joy:				
1) Define "Joy":				
2) Recent Joyful Experience:				
3) Your Relationship with Joy:				
Anger:				
1) Define "Anger":				
2) Recent Angry Experience:				
3) Your Relationship with Anger:				
Sadness:				
1) Define "Sadness":				
2) Recent Sad Experience:				
3) Your Relationship with Sadness:				
Fear:				
1) Define "Fear":				
2) Recent Fearful Experience:				
2) Necent rearrants/penence.				
3) Your Relationship with Fear:				
3) Tour Relationship with real.				
Gratitude:				
1) Define "Gratitude":				
2) Recent Grateful Experience:				
3) Your Relationship with Gratitude:				

REFLECTIONS

Name or Initials	"I resonate with" or "I connect with"	"Key words or phrases I heard were"	"I am curious to hear more about