

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# REDEFINE HAPPINESS

## EMOTION AUDIT

**What current emotion do I have right now that I am not comfortable with?**

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**How do I handle these emotion currently or what actions do I take when I have them?**

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**How does this emotion impact me physically?** (Breath, body tightness, rapid heart rate)

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**What are significant benefits of having these emotions?**

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**What are some down falls if I don't have these emotions?**

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**What are the cost and return of these emotions?**

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**What is the wisdom this emotion is telling me that I am not hearing?**

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**BE BETTER**