

Observation Form

Pick a day to track your emotional responses to particular situations. During or after a particular event, note how you feel. Print this forms several times throughout the week. Review the forms at the end of the week. What patterns do you see. When are you most happy, most in the flow? When are you most unsettled, frustrated, or angry?

Activity	Emotion	Intensity Level (Min, Moderate, Max)	Notes
Example: staff meeting	Frustrated	minimal	It seems like we spend a lot of time figuring out what we are going to discuss.

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