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Depleting - Renewing Emotions

Circle which emotions represent your state. Note where you spend more time in - renewing or depleting emotions

Depleting Emotions

Anger
Worry
Resentment
Jealousy
Anxiety
Fearful
Impatience

Other:

Renewing Emotions

Joy
Happiness
Contentment
Appreciative
Gratitude
Compassionate
Calm
Understanding

Other:

Write down 1-3 strategies you can take to shift from depleting to renewing emotions.

1.

2.

3.