

Joy	Jealousy	Empowerment	Insecurity
Passion	Doubt	Optimistic	Unworthiness
Enthusiasm	Worry	Dullness	Grief
Positive Believe	Blame	Cynicism	Fear
Hopeful	Discouragement	Impatience	Wisdom
Contentment	Anger	Overcome	Passion
Ease	Revenge	Uncertainty	Excitement
Boredom	Resentment	Feel Troubled	Eagerness
Disbelief	Rage	Condemn	Positive Knowingness
Frustration	Insecurity	Settling Scores	Seething
Annoyance	Anxiety	Peer Pressure	Unworthiness
Overwhelmed	Hatred	Guilt	
Expectant	Criticize		Retribution
Ease	Despair	Love	Depression
Monotony	Gratitude	Powerlessness	Appreciation
Pessimism	Defeated	Judgment	Encouraged
Annoyance	Skepticism	Disappointment	Doubt
Intolerance	Fret	Materialism	
Negativity	Self-Shame	Wrath	
Lose Sleep			
Think Badly Of			

Step 1:  
 Circle the words or phrases that  
 describe your day to day feelings

Step 2: Print out the Vibrational  
 Frequency Chart and  
 circle your words