

Where are you at?

Happy

Great

Excited

Calm

Good

Ready

Okay

Tired

Alright

Stressed

Sad

Bad

Scared

You Map

You Map 5

You are here.

Bliss

Euphoric

Mania

Clarity

Productive

Flow

Calm

Sustainable

Ready

Grounded

Drain

Bearable

Tension

Depression

Breaking

Anxiety

Despair

Unbearable

Panic

You Map

You Map 7