



## POSITIVE EMOTIONS

Take the [Positive and Negative Affect Schedule survey](#). Take a moment to review your scores and write them in the two areas below. Then, take some time to reflect by responding to the questions.

Positive	Negative

**Were you surprised by your results?**



**Which area was higher? Which area was lower? Why do you think they are different?**

### Objective 1

Use the space below to jot ideas that sparked your interest or pieces that you'd like to revisit from the first objective.

**Ideas**





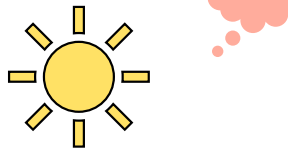
**Questions and Reflections**

On the Module 3 webpage, we presented that we can think about our emotions like the weather. We can use three different comparisons:

1. Feelings like happiness, excitement, and pride are light, sunny feelings
2. Feelings like calmness, focus, and gratitude are mild, cloudy feelings
3. Feelings like sadness, anger, and worry are heavy, stormy feelings

Use the space to below to reflect on how some of these feelings appear in your life.

For each type of emotion, write one example about how it appears in your life.

		
<p><b>An example of when you experience heavy, stormy feelings:</b></p>	<p><b>An example of when you experience mild, cloudy feelings:</b></p>	<p><b>An example of when you experience light, sunny feelings:</b></p>

## Objective 2

Use the space below to jot ideas that sparked your interest or pieces that you'd like to revisit from the second objective.

**Ideas**



**Questions and Reflections**

## Objective 3

Use the space below to jot ideas that sparked your interest or pieces that you'd like to revisit from the third objective.

**Ideas**



**Questions and Reflections**



Use the space below to engage in the following activity.

**Choose two tips that you can use to build positive habits.**



**Write down one way you can practice each tip. For example, write positive affirmations you can say to yourself every morning or plan a nature walk.**

**Plan how to incorporate these activities into your next week.**

Use this space to capture any resources you'd like to explore further or notes from the module.





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