



EXPLORE EMOTIONS

Dive into the emotional journey from either the Terp's perspective or your own!

USEFUL FOR

- Getting another perspective
- Analyzing emotions

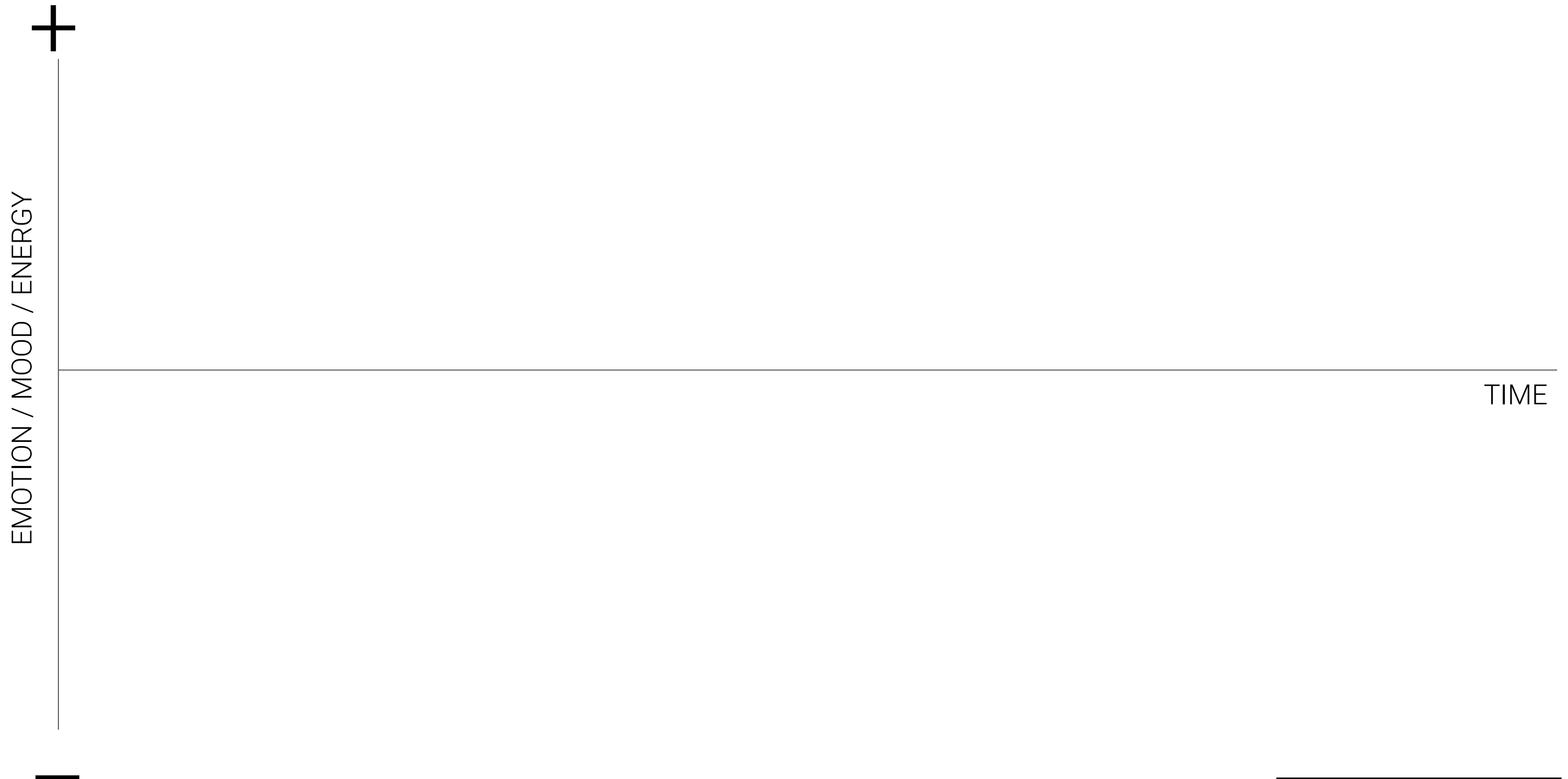
TOOLS

- Journey Mapping
- Think / Say / Feel / Do

Journey Mapping

Map emotions / mood / energy over time. Add a quick sketch and note about what's happening at each point.

Bonus: map another y-axis using a dashed line (e.g. mood & energy).≈



Think / Say / Feel / Do

Jot down what your Terp was thinking, saying, feeling, and doing.

THINK

SAY

FEEL

DO