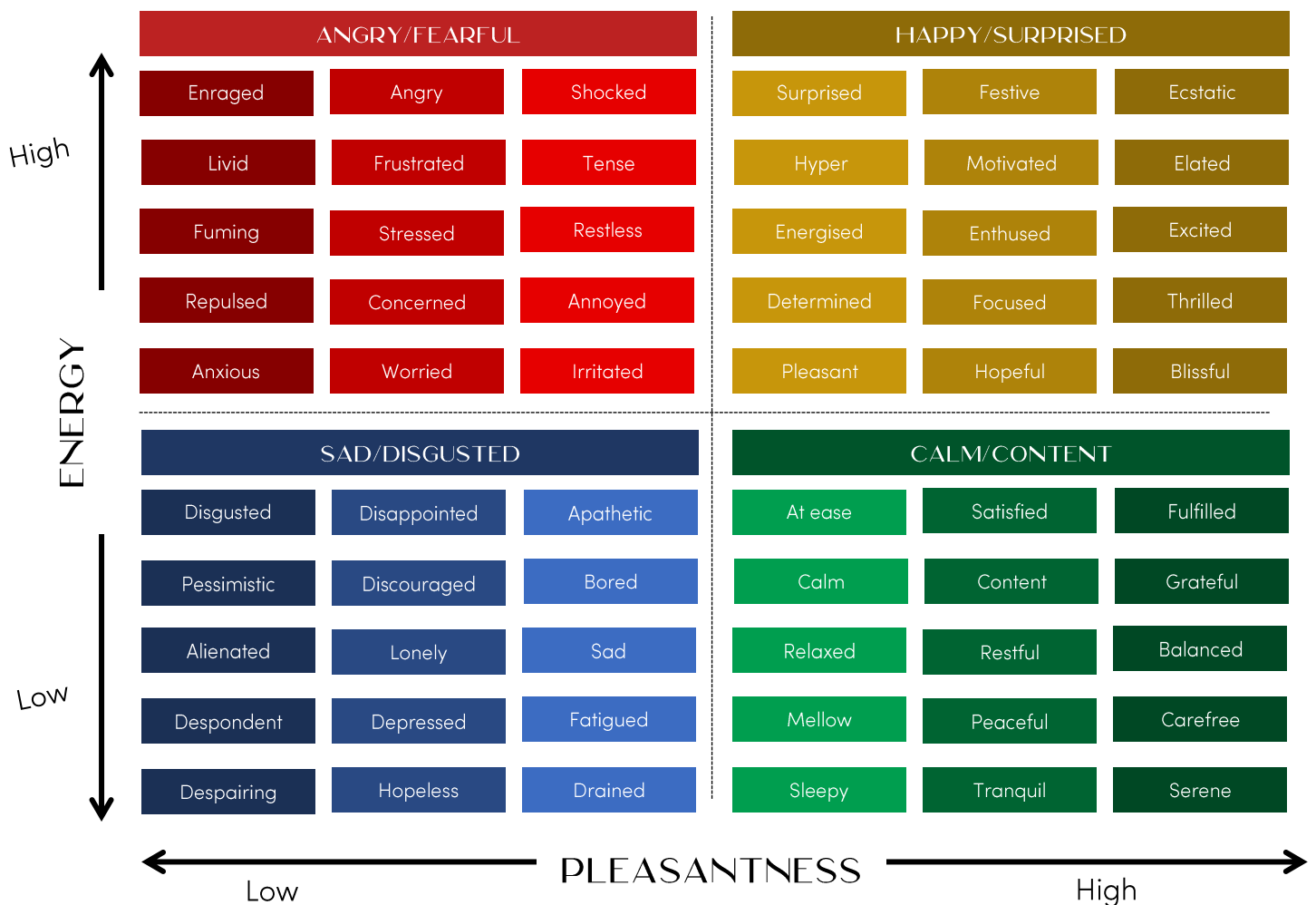


HOW ARE YOU FEELING?

CULTIVATING EMOTIONAL LITERACY & AGILITY



The more vocabulary you have to label your emotions, the more effective the technique at dampening down your emotional responses and freeing up your executive thinking space.

References: The Mood Meter was developed by the [Yale Center for Emotional Intelligence](#). It is based on the [circumplex model of affect](#), which defines emotions as having two dimensions, pleasantness and energy.