

SUCCESSFUL

JOYFUL

PROUD



FREE

COURAGEOUS

CREATIVE

POWERFUL

CONTENT

STRONG

GRATEFUL

EXPECTANT

EXCITED

AMUSED

PLAYFUL

CURIOUS

PURPOSE PREP™
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OFFENDED

JEALOUS

FRUSTRATED



WITHDRAWN

ANNOYED

HUMILIATED

AGGRESSIVE

BETRAYED

DEFEATED

MAD

BITTER

RIDICULED

HOSTILE

DISRESPECTED

PROVOKED

SECURE

VALUED

ACCEPTED



CONFIDENT

RESPECTED

SAFETY

OPTIMISTIC

EMPOWERED

INSPIRED

TRUSTED

ADMIRER

PROTECTED

HOPEFUL

AFFECTIONATE

APPRECIATED

PURPOSE PREP™
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EMPATHETIC

JOYFUL

AWARE



GENEROUS

RECEPTIVE

FORGIVENESS

CALM

GENTLE

THOUGHTFUL

KIND

RESPECTFUL

Koko

COURTEOUS

RESTED

PEACE!

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UNDERSTANDING

RELAXED

REGRETFUL

GUILTY

LONELY



- SAD
- Ashamed
- Hopeless
- Bored
- Hurt
- Lonely
- Neglected
- Isolated
- Embarrassed
- Disappointed
- Unmotivated
- Passive
- Depressed
- Powerless
- Regretful
- Guilty

POWERLESS

DEPRESSED

PASSIVE

ASHAMED

HOPELESS

UNMOTIVATED

DISAPPOINTED

NEGLECTED

HURT

BORED

ISOLATED

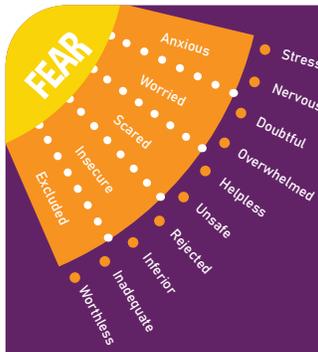
EMBARRASSED

PURPOSE PREP™
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INADEQUATE

WORTHLESS

ANXIOUS



BOA

FEAR!

PURPOSE PREP™
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INFERIOR

REJECTED

UNSAFE

EXCLUDED

INSECURE

HELPLESS

OVERWHELMED

STRESS

NERVOUS

DOUBTFUL

WORRIED

SCARED

Which Spark Space Are You In

RIGHT NOW?

What happened that made you feel that way?

Do you want to stay there or find a path to a most positive feeling?

Can you find the feeling that best describes your current mood or emotion?

How did you get to that feeling?

Koko
PEACE!

How can you keep a feeling that is positive?

What emotion chain reaction will your feelings have today?

How can you change your feeling if it's not where you want to be?

Izzy
SAD!

If you could write about your feelings right now, what would you write?

Boa
FEAR!

Fizz
LOVE!

Pepper
ANGER!

Chow
HAPPY!