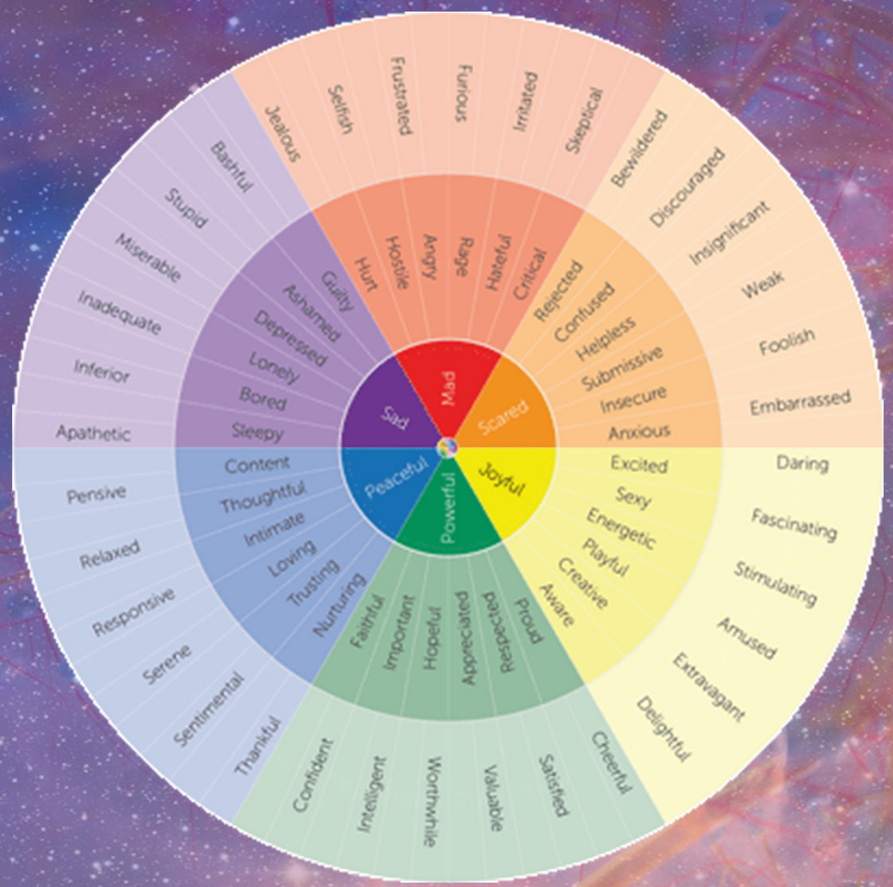
S.U.E. Scale Tracking



Noticing/Tracking Your Energy Cycles: Using a color coded system – to label emotions along with SUE scale number value start to tracking your emotional state of being 3 times a day (morning – mid day- end of day) Step 1 identify the color that correlates with the emotion you are feeling when you check in with your Self and assign a numeric value to the mood using the SUE scale then write the number in that color in your planner or calendar. After some time has passed you will be able to use this tool as way to identify some of the existing rhythms and cycles of your mood and emotional state of being. Visit: [The Feeling Wheel | by Gloria Willcox | All The Feelz]() for a full scale downloadable version of the feelings wheel.