

MIGHTIER™


Innernaut Body Map

For each of the body maps below, read the emotion and think about what signals your body sends when you experience that emotion.

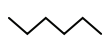
Then choose at least 3 Body Signals (or make up your own) and write the word or draw the image near the part where that signal is felt in your body.

Body Signal Key

 Relaxed

 Cold

 Goosebumps

 Shaky

 Dizzy


 Balanced

 Pounding

 Tense


 Floaty

 Sweaty

 Hot

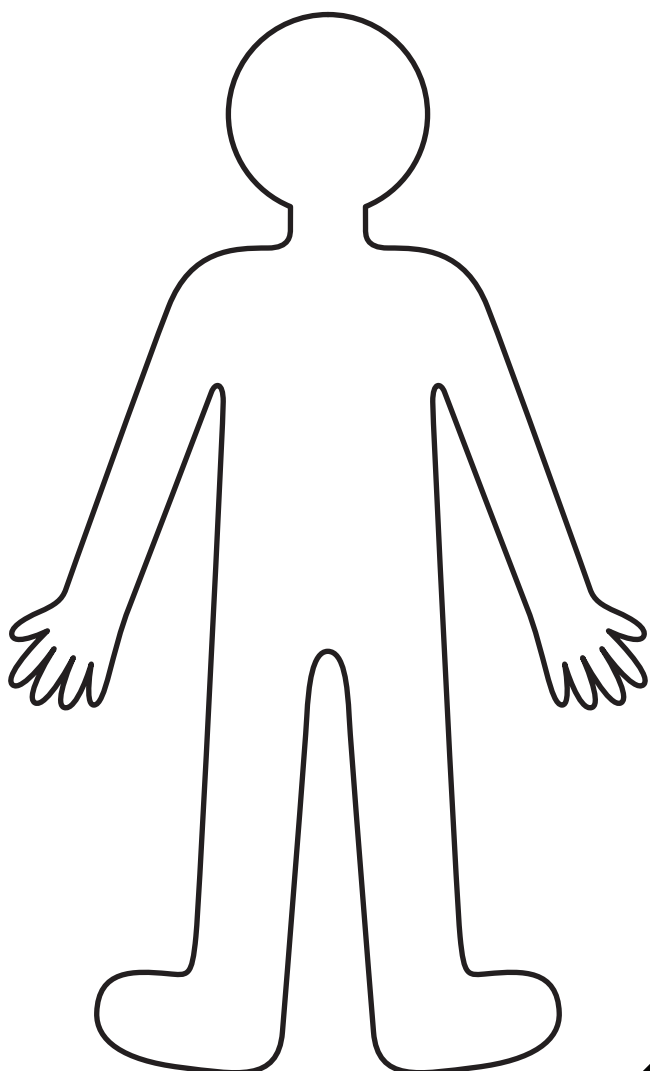
 Fast

 Tingly

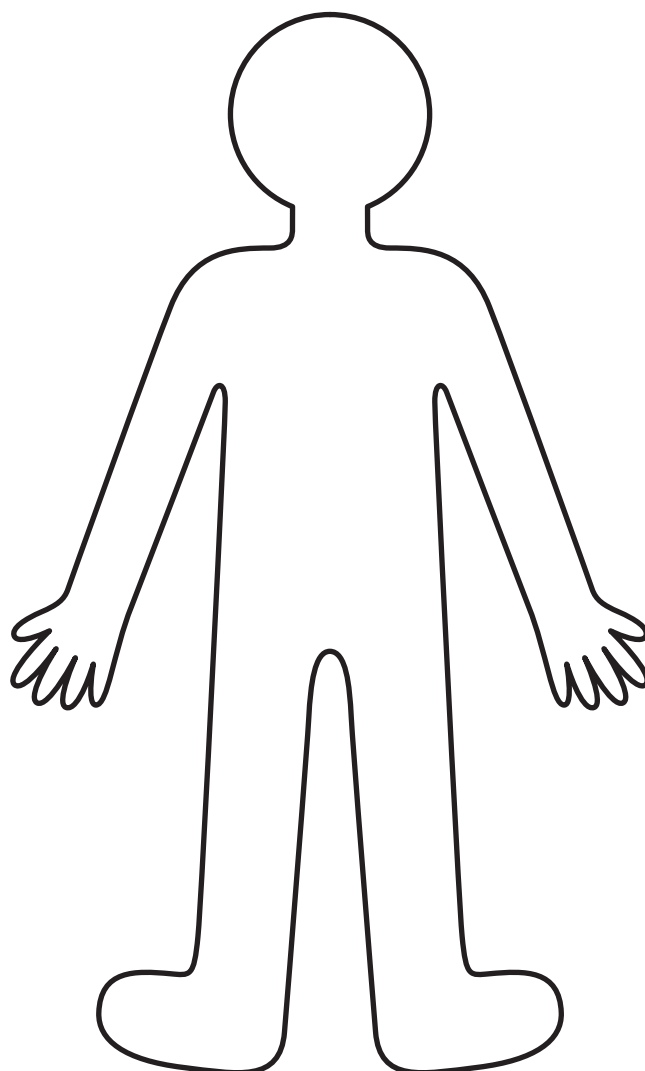
 Slow

 Dry

Where do you feel **frustration**?



Where do you feel **stress**?




MIGHTIER™

Body Signal Key

 Relaxed

 Cold


 Goosebumps

 Shaky

 Dizzy

 Balanced


 Pounding

 Tense


 Floaty

 Sweaty

 Hot

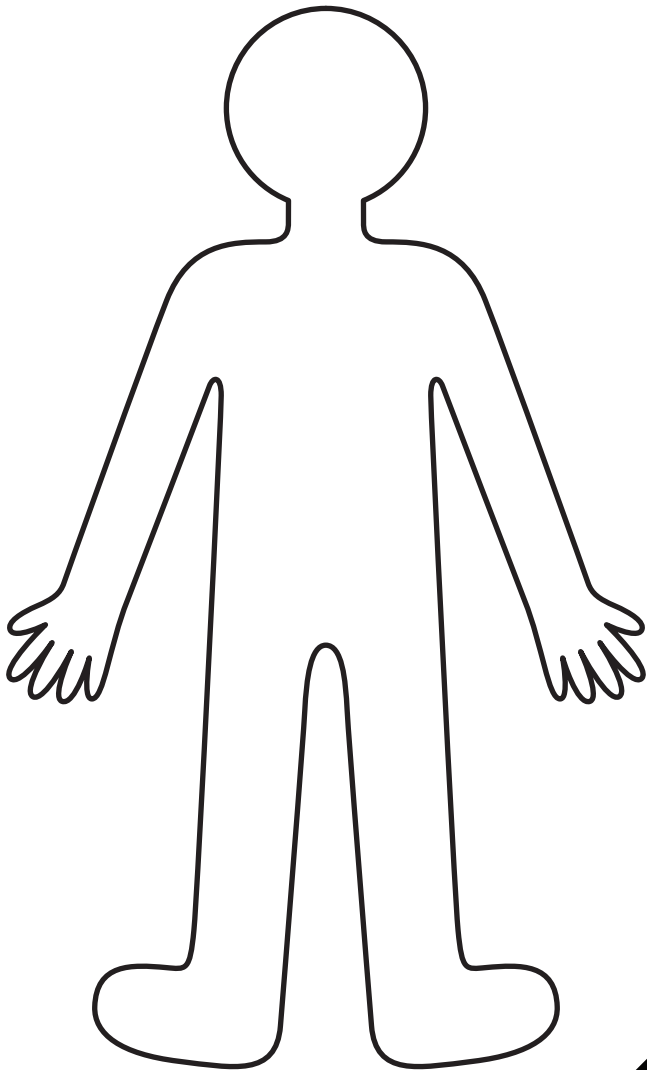
 Fast

 Tingly

 Slow

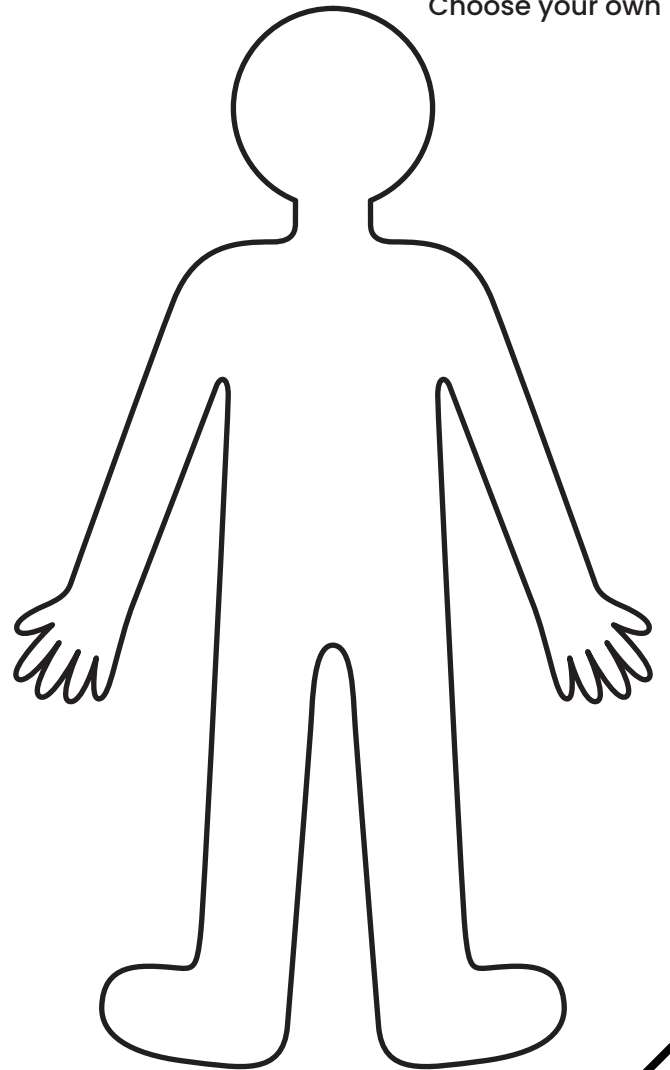
 Dry

Where do you feel *nervous*?



Where do you feel _____ ?

Choose your own



Which emotion sends the most body signals?

What body signal do you feel with multiple emotions?
