
Relaxed

Tense

Confident, having faith

Fearful, apprehensive

Hopeful

Despondent

Optimistic

Pessimistic

Living for today

Living in the past, guilt feelings

Industrious

Lazy

Prompt

Procrastinating

Purposeful

Aimless

Responsible

Irresponsible

Using talents and abilities

Disinterested in self

Thankful

Ungrateful

Willing to continue to seek
emotional and spiritual balance

Smug, complacent