

Blue



Hurt



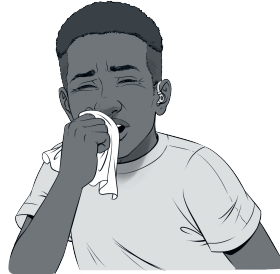
Sad



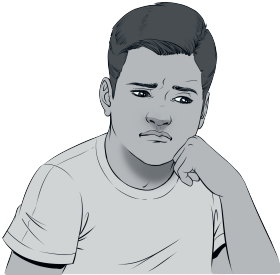
Depressed



Tired



Sick



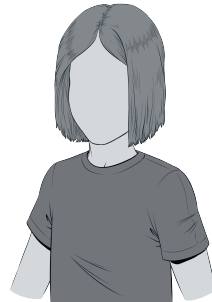
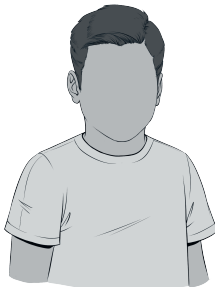
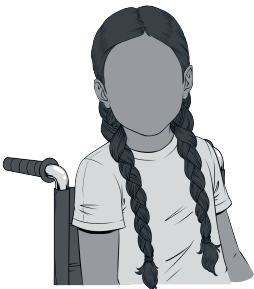
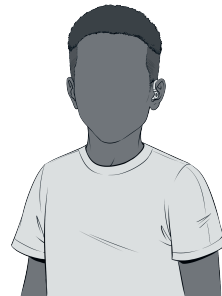
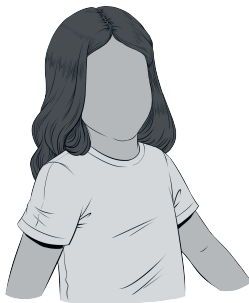
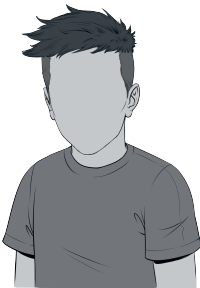
Bored



Exhausted



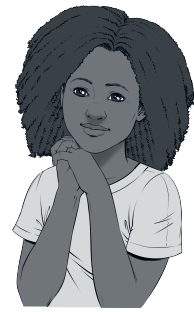
Shy



Green



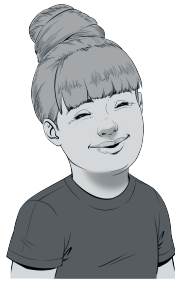
**Content**



**Hopeful**



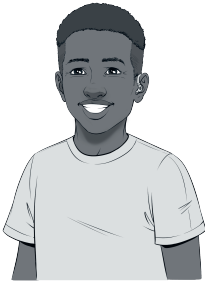
**Comfortable**



**Proud**



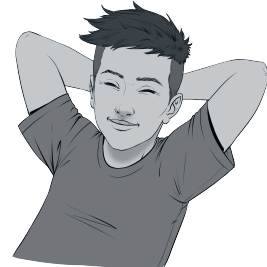
**Grateful**



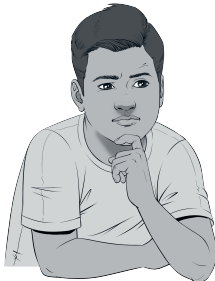
**Happy**



**Calm**



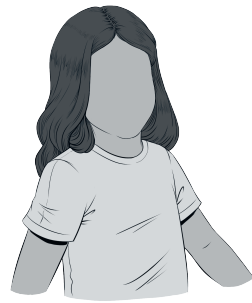
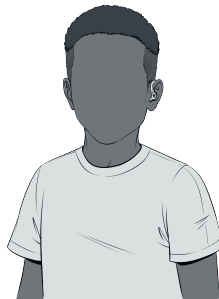
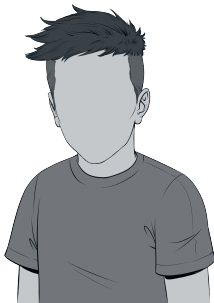
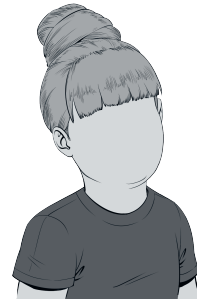
**Relaxed**



**Focused**



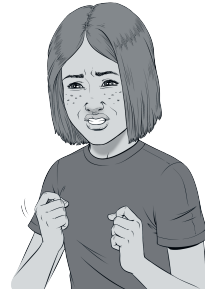
**Okay**



Yellow



**Excited**



**Frustrated**



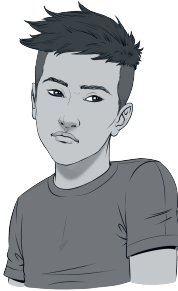
**Nervous**



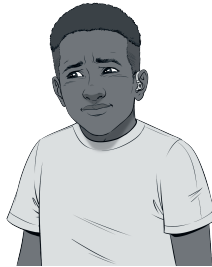
**Worried/Anxious**



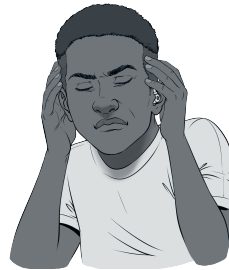
**Silly**



**Annoyed**



**Embarrassed**



**Overwhelmed**



**Jealous**



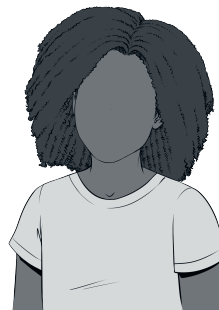
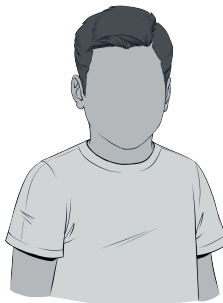
**Upset**



**Scared**



**Confused**



Red



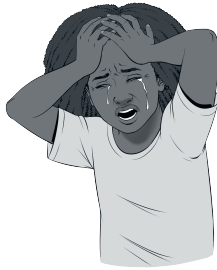
Overjoyed



Mad/Angry



Furious



Devastated



Panicked



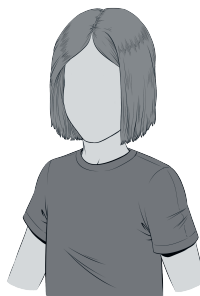
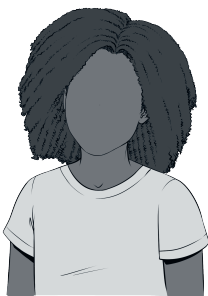
Terrified



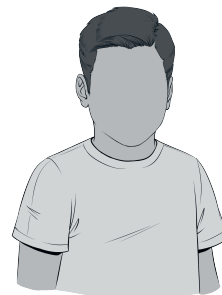
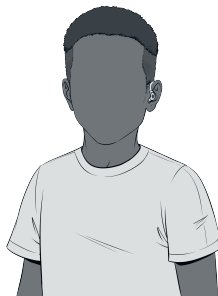
Out of Control



Elated



Wild



**BLUE ZONE**

**GREEN ZONE**

**YELLOW ZONE**

**RED ZONE**

The **ZONES** of

of Regulation™