

Module 7: Motivation, Emotion, and Stress

Authentic Assessment: Motivations and Emotions Chart

Track your daily motivations and emotions for five nights, by completing the below Motivations and Emotions Chart. Specifically, at the end of each day, reflect on what motivated you to do certain activities. Identify at least three activities for each day.

For example, you might list studying as an activity, and to get a good grade on tomorrow's quiz, as a motivation. Similarly, keep track of at least three emotions each day, and the physiological response you experienced for each one. For example, if you became angry one day, try to recall if you had a physical response to this emotion, such as chest tightness, or a flushed face.

Day	Daily Activity	Motivations	Daily Emotions	Physiological and/or Stress Response
1	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
2	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
3	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
4	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
5	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.