



## Feelings words for tracking the journey

secure	safe	happy
content	worried	unsure
puzzled	unsettled	restless
concerned	nervous	frightened
amazed	astonished	excited
overwhelmed	surprised	alarmed
shocked	curious	safe
protected	intrigued	calm
bold	brave	awe-inspired
confident	strong	wonderous
naïve	unsuspecting	terrified
panic-stricken	horrified	distressed
dizzy	relief	sadness
exhausted	relaxed	amazed
thankful	brave	wise