

NAME _____ DATE _____

In each row, circle the number that best describes how you feel right now.

| | | NOT AT ALL | A LITTLE | SOMEWHAT | A LOT | VERY |
|----|-------------------|------------|----------|----------|-------|------|
| 1 | Interested | 1 | 2 | 3 | 4 | 5 |
| 2 | Worried | 1 | 2 | 3 | 4 | 5 |
| 3 | Excited | 1 | 2 | 3 | 4 | 5 |
| 4 | Upset | 1 | 2 | 3 | 4 | 5 |
| 5 | Strong | 1 | 2 | 3 | 4 | 5 |
| 6 | Guilty | 1 | 2 | 3 | 4 | 5 |
| 7 | Scared | 1 | 2 | 3 | 4 | 5 |
| 8 | Angry | 1 | 2 | 3 | 4 | 5 |
| 9 | Eager | 1 | 2 | 3 | 4 | 5 |
| 10 | Proud | 1 | 2 | 3 | 4 | 5 |
| 11 | Grumpy | 1 | 2 | 3 | 4 | 5 |
| 12 | Alert | 1 | 2 | 3 | 4 | 5 |
| 13 | Ashamed | 1 | 2 | 3 | 4 | 5 |
| 14 | Motivated | 1 | 2 | 3 | 4 | 5 |
| 15 | Nervous | 1 | 2 | 3 | 4 | 5 |
| 16 | Ambitious | 1 | 2 | 3 | 4 | 5 |
| 17 | Focused | 1 | 2 | 3 | 4 | 5 |
| 18 | Stressed | 1 | 2 | 3 | 4 | 5 |
| 19 | Energetic | 1 | 2 | 3 | 4 | 5 |
| 20 | Afraid | 1 | 2 | 3 | 4 | 5 |

Scoring Your Mood

- Add up all the numbers you circled in the **SHADED** rows: _____
- Add up all the numbers you circled in the **UNSHADED** rows: _____
 - If your **SHADED** score is higher than your **UNSHADED** score, you are feeling more positive than negative. If the **UNSHADED** score is higher, you are feeling more negative.
 - Most people can experience different feelings at the same time. For example, you might be both nervous and excited about doing something new.
 - The larger the number for either score, the stronger your feelings at that moment.

Source: Adapted from Positive and Negative Affect Schedule – Short Form (PANAS – SF).

I LOVE MY
GREEN JOB

CAREER CORNER

OUTDOOR RECREATION LEADERS plan and guide hikes, games, crafts, and other outdoor activities in parks and camps. They teach groups how to do the activities and organize and set up any equipment needed.

