

F.A.S.T Analysis

Frustration

On a scale of 1-10, how frustrated are you?

What causes you to feel frustrated?

Anxiety

On a scale of 1-10, how anxious are you?

What causes you to feel anxious?

Stress

On a scale of 1-10, how stressed are you?

What causes you to feel stressed?

Tired

On a scale of 1-10, how tired are you?

What causes you to feel tired?

Top of Your Game

What are some words to describe when you are at the 'top of your game' and feeling most balanced?