

Thinking Tool

GLAD, MAD, SAD

- When you first see and listen to a plan, idea or proposal it is natural to have feelings about it.
- Getting an emotional feel for something connects the “inner” you with it.
- In the sections complete how you feel and why you feel that way.
- Always be careful that decisions and judgements you make are based on facts, not purely on emotions.

GLAD

What makes me feel good about this? Why?

MAD

What makes me angry about this? Why?

SAD

What makes me unhappy about this? Why?