

Emotionology Life Insight Report

Exploring Your Emotions, Domains, and Timeframes



EMOTIONOLOGY

Where Emotions Meet Achievement

www.emotionologylife.com

Your Emotionology Profile

Welcome to Your Achievement Emotions Report

This report is designed to give you a personalized snapshot of your emotional patterns as they connect to achievement. It's more than numbers — it's a story about how your emotions shape the way you think, feel, and act as you pursue your goals.

Assumptions and Limitations

Your results are based on your honest engagement with the assessment. Because emotions are dynamic, these results reflect your current state and may shift over time. The findings are statistically significant, which means the differences you see in your scores are meaningful and not random.

How to Use This Report

Think of this report as both a mirror and a map. It reflects how your emotions show up right now and also points toward new ways of harnessing them for growth. Some clients use this report as a starting point for coaching, while others use it as a stand-alone tool. If you're not working with a coach, take time to reflect on the insights and consider how they align with your daily life, relationships, and goals.

What This Report Measures

This report is built on the Emotionology Life framework of 96 achievement dispositions. These are formed by the combination of:

- 8 Achievement Emotions (Joy, Hope, Pride, Anger, Anxiety, Hopelessness, Boredom, Shame)
- 4 Achievement Domains (Cognitive, Affective, Motivational, Physiological)
- 3 Achievement Timeframes (Before, During, After)

Your personalized results highlight your dominant emotions, domains, and timeframes. In the following pages, you'll also find brief explanations of the full framework so you can place your results in context.

Achievement Emotions: Quick Guide

Positive Emotions

- Joy: A feeling of happiness and uplift that often depends on external circumstances.
- Hope: A forward-looking expectation and belief that desired outcomes are possible.
- Pride: A sense of accomplishment and satisfaction from one's own efforts.

Negative Emotions

- Anger: Frustration or irritation triggered by perceived obstacles or unfairness.
- Anxiety: Worry and unease about uncertain or upcoming events.
- Hopelessness: A belief that efforts will not lead to success or improvement.
- Boredom: Restlessness or disengagement due to lack of challenge or interest.
- Shame: Feelings of inadequacy or not being “good enough,” often tied to self-judgment.

Achievement Domains: Quick Guide

- Cognitive: How you think, reason, and process information.
- Affective: How you experience and express emotions.
- Motivational: What drives your behaviors and persistence.
- Physiological: The physical and bodily signals that reflect your inner state.

Achievement Timeframes: Quick Guide

- Before an Event: Motivation and emotion geared toward anticipation and preparation.
- During an Event: Emotions that shape persistence and performance in the moment.

- After an Event: Emotions tied to reflection, evaluation, and closure.

Transition to Results

Now that you have the framework in mind, the next section of this report presents your personalized results — highlighting your dominant emotions, domains, and timeframes, supported by charts and tailored explanations.



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Your Emotionology Profile Results

Name: Sample

Date: Sample

Contact: emotionologylife@gmail.com

1. Snapshot

Dominant Positive Achievement Emotion → Pride dominant

Dominant Negative Achievement Emotion → Boredom dominant

Dominant Achievement Domain → Cognitive dominant

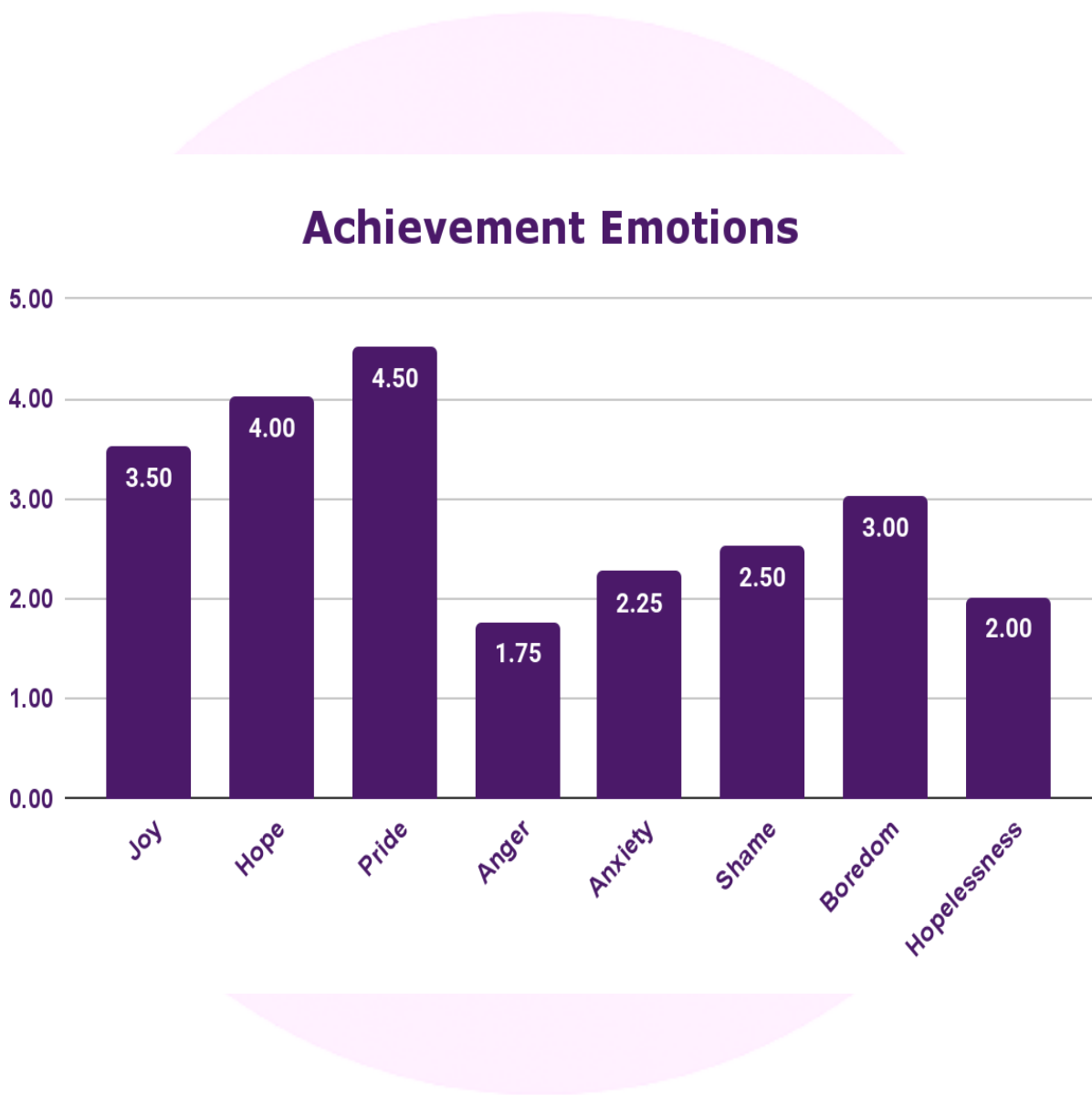
Dominant Achievement Time Frame → Before dominant

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2. Achievement Emotions Overview



Key Scores:

Positive Emotions

Joy 3.50, Hope 4.00, Pride 4.50,

Dr. Marilyn's Note:

Pride is dominant. Anchor goals to values and standards you respect; track evidence of competence so progress reinforces identity rather than external approval alone.

Here's a deeper dive:

Pride is a feeling of satisfaction derived from achievement. Pride speaks to the fact that you hold yourself to high standards and feel affirmed by accomplishments.

At its best, Pride drives you to excel and model excellence for others. At times, it may tilt toward comparison or pressure. Remember: Pride is healthiest when it grows from progress against your own benchmarks, not from measuring against others.

Negative Emotions

**Anger 1.75, Anxiety 2.25, Shame 2.50, Boredom 3.00,
Hopelessness 2.00**

Dr. Marilyn's Note:

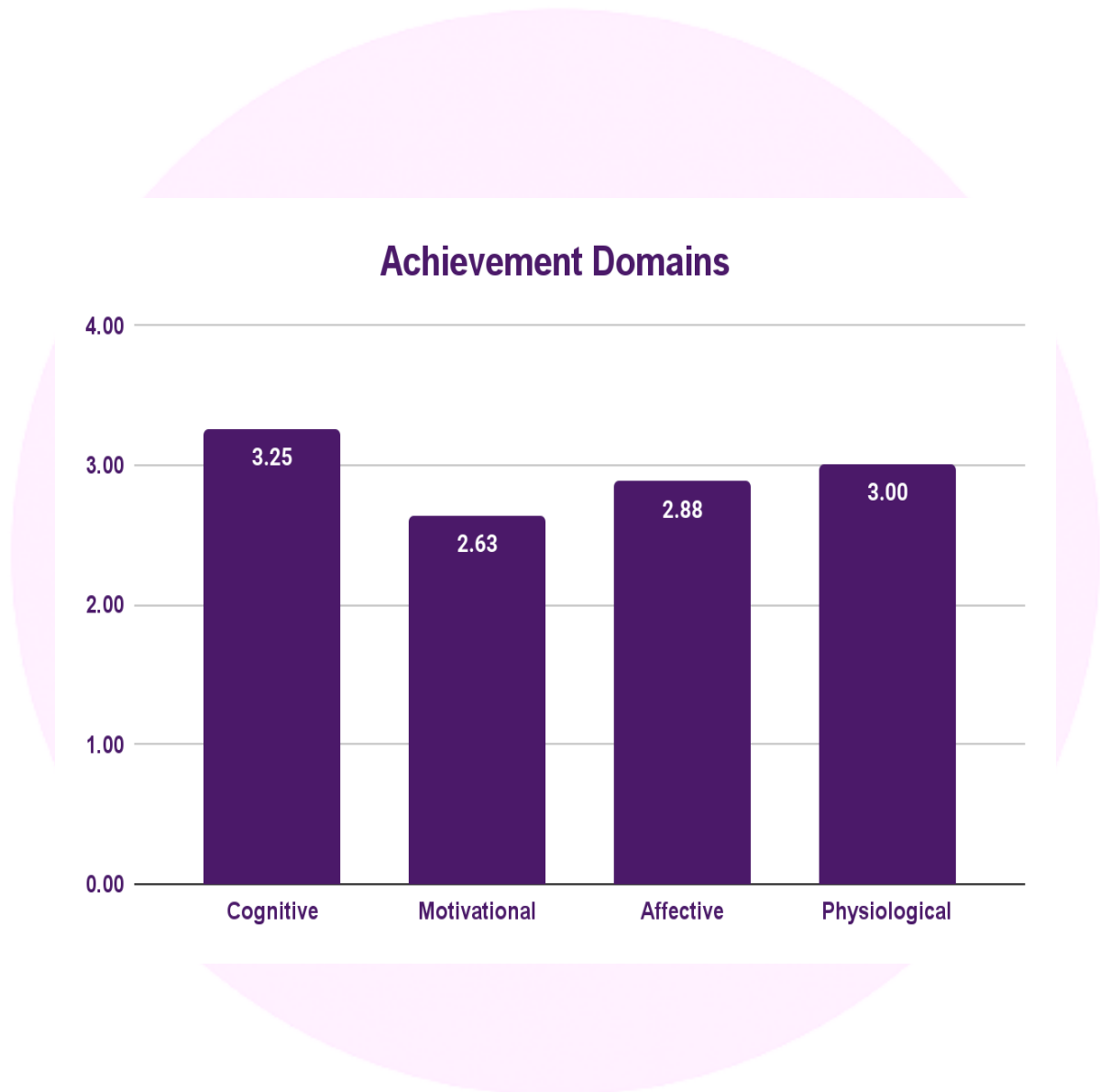
Boredom is dominant. Re-engage with novelty, pacing, or gamification, swap monotony for meaningful variety.

Here's a deeper dive:

Boredom is when one feels a disconnection from their surroundings. It is a feeling that you are doing something that doesn't give you satisfaction.

Boredom indicates that you are completely detached, mentally, and are simply going through the motions on a daily basis. Your detachment implies that you are focusing on your true aspirations, internally, as you take care of your responsibilities "in the moment", externally.

3. Achievement Domains Overview



Key Scores:

Cognitive 3.25

Motivational 2.63

Affective 2.88

Physiological 3.00

Dr. Marilyn's Note:

Cognitive is dominant. Cognitive processing leads. Lean into strategy, planning, and logical framing; use thoughts as anchors for action.

Here's a deeper dive:

Cognitive Pathways determine what and how we think.

The Cognitive Pathway refers to an individual's ability to think critically, rationally, and creatively; to retain and mentally manipulate information; and to set and work towards accomplishing desired goals. Cognitive Pathway functions are developed and enhanced during the pre-formative and formative stages of early childhood.

In the Cognitive Pathway, the goal is for children and adolescents to increase their capacity to analyze, synthesize, and evaluate information; to achieve mastery in required and selected content areas; to use information to effectively solve problems; and to enjoy learning. Cognitive Pathway dominance is nourished throughout an individual's life based on experiences as well as rewards and consequences. When Cognitive Pathway function brings about positive experiences and rewards, then an individual relies on their Cognitive Pathway, instinctively.

4. Achievement Timeframes Overview



Key Scores:

Before 3.00

During 2.25

After 2.00

Dr. Marilyn's Note:

Before effort dominates. Preparation and anticipation matter most; lean into routines and priming.

Here's a deeper dive:

"Before an Event" indicates pre-motivated tendencies to achieve an outcome before the event starts; it implies that an individual is preloaded for success.

You do not dwell on what things look like but rather you undertake each endeavor having thought it through. In this way, you are mentally engaged and naturally driven to succeed even before you start a venture.

You have a higher capacity for self-control and a stronger need to feel in control while having a higher expectation of being able to control a situation. You are self-motivated to start things but might lose motivation based on the outcomes during and/or after an event has occurred.