Using the Emotional Scale, lean into where you are today.

- 1. Joy, Appreciation, Empowerment & Love
- 2. Passion, Enthusiasm, & Happiness
- 3. Positive Expectations, & Beliefs
- 4. Optimism & Hopefulness
- 5. Contentment & Boredom (this is neutral on the scale)
- 6. Pessimism, Frustration, & Uncertain

- 7. Overwhelmed, Disappointed, & Doubt
- 8. Worry & Anxiety
- 9. Anger & Revenge
- 10. Hatred & Rage
- 11. Sadness, Grief, & Guilt
- 12. Fear, Despair & Powerless

Where are you on the emotional scale today?
If needed, can you find a way to move up the emotional scale?
<u> </u>

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How does Level 12 (Fear, Despair & Powerless) show up in your life?					

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Is your baseline a Level 5, Contentment and/or Boredom?					

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What actions put you at a level 1, 2, 3 or 4?

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Make a commitment. Select a level you would like to most live from, and then						
decide how you will prioritize this way of emotional groundness.						

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