

Emotional Guidance Scale

Reference - Esther Hicks and Jerry Hicks. (2004). *Ask and It Is Given*, Hay House Publishing, Carlsbad, CA.

The following scale was created by Law of Attraction educators for the purposes of energy awareness. This scale has great value from a reflective viewpoint for you to reflect and label how you are feeling. If you find yourself with emotions numbered 8 – 22 you will find yourself in lower energy cycles that sits within negative thinking – negative mindset. It is great to notice when your mind is in that zone and **STOP**.

Ask WHY???

How did I get into the negative?

ASK - Do I need to reflect and find solutions within myself, check in with my values of what I want to achieve and make action that supports me to be the best version of me????

CHECK - Will my solutions align with my values and my goals – will I get back in to the numbered 1 – 7 categories of positive energy and a positive mindset?

Number	Emotion	
Positive Emotions/ Mindset	1	Joy / Knowledge / Empowerment / Freedom / Love / Appreciation
	2	Passion
	3	Enthusiasm / Eagerness / Happiness
	4	Positive Expectation / Belief
	5	Optimism
	6	Hopefulness
	7	Contentment
Negative Emotions/ Mindset	8	Boredom
	9	Pessimism
	10	Frustration / Impatience / Irritation
	11	Overwhelmed
	12	Disappointment
	13	Doubt
	14	Worry
	15	Blame
	16	Discouragement
	17	Anger
	18	Revenge
	19	Hatred / Rage
	20	Jealousy
	21	Insecurity/ Guilt/ Unworthiness
	22	Fear / Grief / Depression / Despair/ Powerlessness

There are many reasons we must be reflective and aware of our thoughts and feelings as they lead to the reactive behaviours that others can see, feel and then respond to.

“Watch your thoughts; they become words. Watch your words; they become actions. Watch your actions; they become habits. Watch your habits; they become character. Watch your character; it becomes your destiny.”

Stated in various ways by:- Lao Tzu, Ralph Waldo Emerson and Margaret Thatcher.