



Context for today's session: \_\_\_\_\_

## 4 Rules

Rule 1: .....

Notes: .....

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Rule 2: .....

Notes: .....

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Rule 3: .....

Notes: .....

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Rule 4:.....

Notes: .....

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What thought patterns do I need to change? : .....

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Morning Focus Call 4: .....

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Morning Focus Call 5: .....

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Morning Focus Call 6: .....

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What thoughts regularly stew around in my head? : .....

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How else could I think about them? .....

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## Day 5 - The Scale of Emotions

Taken from 'The Astonishing Power of Emotions' by Jerry and Esther Hicks.

1. Joy/Knowledge/Empowerment/Freedom/Love/Appreciation
2. Passion
3. Enthusiasm/Eagerness/Happiness
4. Positive Expectation/Belief
5. Optimism
6. Hopefulness
7. Contentment
8. Boredom
9. Pessimism
10. Frustration/Irritation/Impatience
11. Overwhelmment
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

State what's on your mind.

Find where you are on the scale.

Talk it up the scale! You don't need to get to the top. Even taking it a few steps up will give you relief.

Celebrate feeling better. The more you learn to be aware and take action, the more often life becomes fun and easy. :-)