



Living From the Higher Emotions

Use this sheet to journal your experience.

1. What are your barriers to your joy? Those emotions you resist feeling
2. Do you know where you are on The Emotional Scale? What do you choose to turn around?
3. What things can you do today to “Choose Differently” and “Empower” you to a higher acceptance?

What’s Happening:

What’s Happening:

What I’m Thinking:

NEW Thought I Choose To Think:

How I’m Feeling:

How That Will Make Me Feel:

What Action Am I Taking:

What Action Will I Now Take:

What Result Am I Getting:

What Result Will I Get:

4. Strive for unconditional happiness in one area of life: _____
 - Be all you can be and generate happiness not perfection.
5. What is your take away?