

# Emotional Guidance Scale

Joy / Appreciation / Empowered / Freedom / Love

Passion

Enthusiasm / Eagerness / Happiness

Positive Expectation / Belief

Optimism

Hopefulness

Contentment

# Emotional Guidance Scale

Boredom

Pessimism

Frustration / Irritation / Impatience

Overwhelment (Feeling of being Overwhelmed)

Disappointment

Doubt

Worry

# Emotional Guidance Scale

Blame

Discouragement

Anger

Revenge

Hatred / Rage

Jealousy

Insecurity / Guilt / Unworthiness

# Emotional Guidance Scale

Fear / Grief / Desperation / Despair /  
Powerlessness

## Remember:

Reach for the next-best emotion  
i.e. one rung higher on the ladder

## Best Way to Move up the Scale:

Be of service to someone else.