

# Emotional Guidance Scale

**Refer to the scale above (in your members' only section)**

*Where do you generally find yourself on the emotional guidance scale? (be honest:)*

*What are the situations that lead you to that place on the scale?*

*Where would you like to find yourself on the emotional guidance scale?*

*What do you believe would lead you to that place on the emotional guidance scale?*



*Emotional  
Guidance Scale*

*What actions will you do TODAY to change your position?*

*How can you make this a habit in your own life?*