

WHO'S STEERING YOUR LIFE?

- 1** Make it a habit to check in with your emotions - not just when something emotional happens, but periodically throughout the day. Getting into this practice will make it easier for you to quickly identify who's in the driver seat (and whether you want to kick them out!)
- 2** Using the Map of Consciousness (Dr. David Hawkins) on the next page, find where your emotion level is. *While this exercise offers how to elevate your emotion with your THOUGHTS, know that there are many other ways to raise your vibration, too.*
- 3** State why you are feeling _____. Did something happen? Did someone do or say something? Say it out loud: "I am feeling _____ because _____."
- 4** Look at the next level up on the map (or two or three!) and modify your statement to match that emotion. *Examples are given for each level on page 3.*
- 5** Continue up the map until you feel the initial emotion shift / release into a neutral or above-neutral level.



jeannette folan



ENLIGHTENMENT	700-1000
PEACE	600
JOY	540
LOVE	500
REASON	400
ACCEPTANCE	350
WILLINGNESS	310
NEUTRALITY	250
COURAGE	200
PRIDE	175
ANGER	150
DESIRE	125
FEAR	100
GRIEF	75
APATHY	50
GUILT	30
SHAME	20

ENLIGHTENMENT - What do you think goes here?

PEACE - And I'll be okay no matter what happens.

JOY - I've learned so much from this experience!

LOVE - But I see now the value of true friendship.

REASON - What I did was pretty unforgivable.

ACCEPTANCE - Yet I'd understand if she didn't.

WILLINGNESS - I'll bet she'd forgive me eventually.

NEUTRALITY - She's always been compassionate.

COURAGE - Maybe I can ask for her forgiveness.

PRIDE - She had better forgive me!

ANGER - I can't believe she won't forgive me!

DESIRE - I need her in my life!

FEAR - Who am I going to turn to without her?

GRIEF - I'm going to miss having her as a friend.

APATHY - Why should I care about her anyway?

GUILT - It's my fault that she doesn't want to be friends.

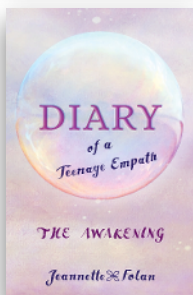
SHAME - I am so ashamed how I treated my friend.

IF YOU LIKED THIS EXERCISE, YOU MIGHT ALSO LIKE:



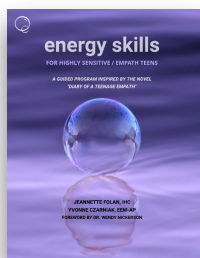
111 Ways to Raise Your Vibration

This digital guide includes 111 soulful activities you can easily do almost anywhere. Ranging from ancient wisdom to wild & weird, these exercises involve the physical body, environment, nature, spirit, energy systems and more.



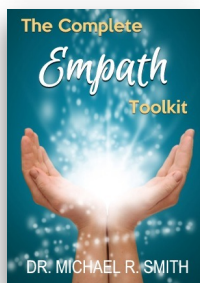
Diary of a Teenage Empath — The Awakening

Get swept away in the dramatic story of 15 year old Jenny as she awakens to her empathic gifts and a mystical adventure filled with power, fear, tragedy, family secrets and maybe even...love.



Energy Skills for HSP / Empath Teens

This fully digital, interactive workbook explores the science behind an HSP's identity, boredom, isolation, body language and more — with fun, effective energy techniques to flourish with your sensitivity.



The Complete Empath Toolkit

From the much beloved empath coach, Dr. Michael Smith, this self-paced online course teaches you to connect with your divine energy and includes two live personal mentoring sessions.

The Energy of Empath Relationships



The Energy of Empath Relationships

This guide unpacks the 3 common energy states of empaths that affect our relationships. Includes energy entrainment exercises.

IDENTITY, BOUNDARIES & RELATIONSHIPS



Identity, Boundaries & Relationships Video Training

This one-hour training dives deep into the psychology of HSP / Empath relationships, offering assessments, strategies, tools and bonus material.

The incredible 10-minute Morning Energy Routine



Morning Energy Routine for HSPs & Empaths

A 25 page mobile-friendly guidebook with 13 exercises to get your mind-body-spirit connected and powered up for a fantastic day!

Letting Go of Your Inner Judge

SELF-STUDY CLASS



Releasing the Energy of the Critical Self

Learn to use the mind-body-spirit connection to release self-judgment in this 90-minute class co-facilitated by Dr. Michael Smith of Empath Connection.

DISCOVERING THE POWER OF SENSITIVITY

A GUIDEBOOK FOR PARENTS & ACTIVITY BOOK FOR HIGHLY SENSITIVE/EMPATH KIDS



Discovering the Power of Sensitivity

An activity book for (parents of) HSP kids to learn how their sensitivity relates to the energy around them and how to work with it in harmony.