



REACH HIGHER TO FEEL BETTER...

ACCESS A HAPPY STATE OF MIND

Going from a low emotion to a high emotion is a very big leap - it's much easier to make tiny steps toward a better feeling.

Reaching for the next higher emotion available to you will bring you more relief, empowerment, lightness, and joy!

FOLLOW THESE SIMPLE STEPS:

1. Identify your current feeling on the list to the right.
2. Look at the emotion right above your current emotion and try to genuinely feel that next higher emotion.
3. When you're solidly feeling the higher emotion, you can try to reach for the next higher emotion.

Our feelings ladder is adapted from the Emotional Guidance Scale created by Abraham-Hicks.

