

Measuring Your Emotions Framework Exercise



Linked to Article: <https://learningtoliveablissfullife.wordpress.com/2017/04/17/how-to-measure-your-emotions/>

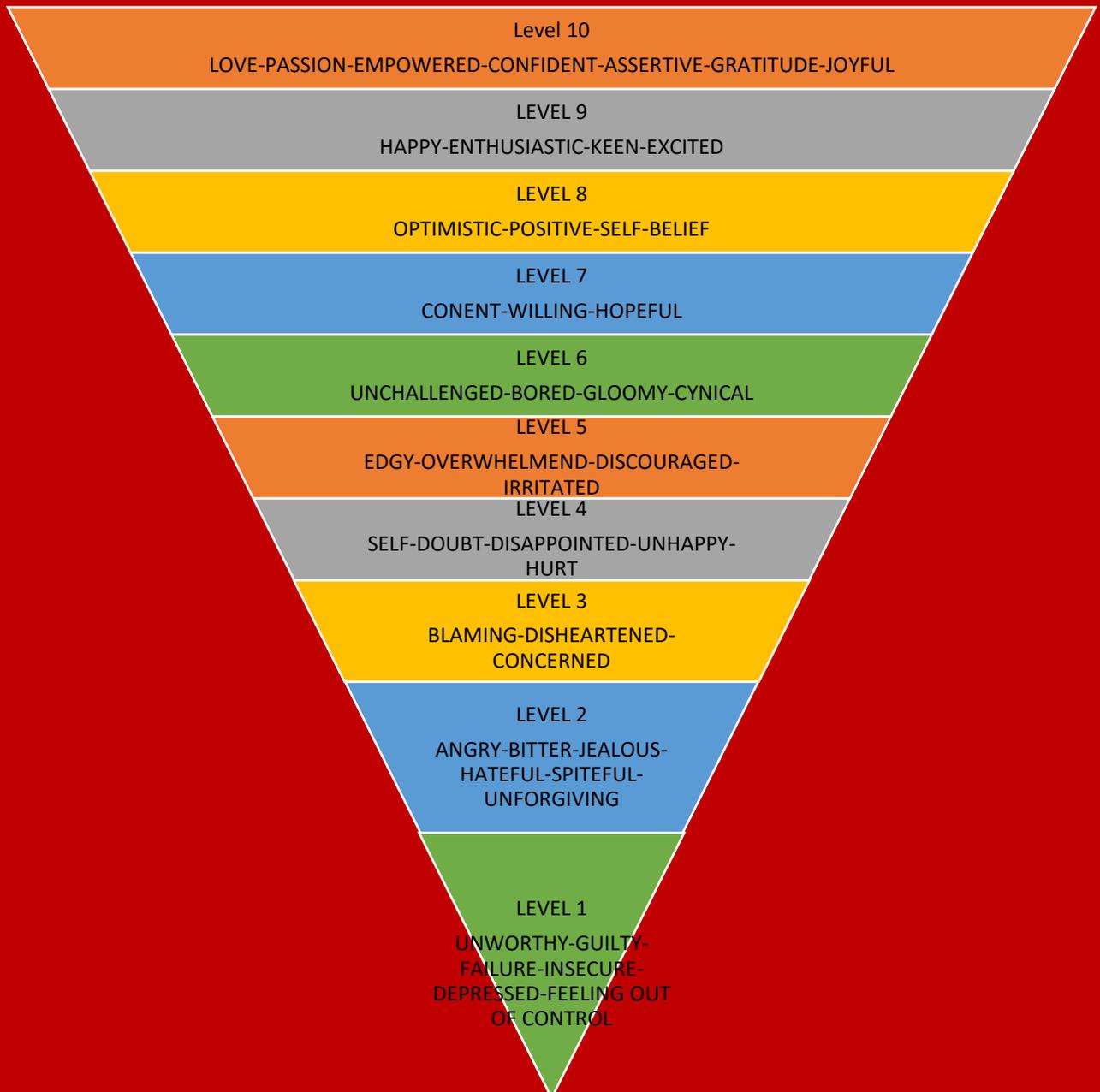
What emotions are you experiencing frequently and what brings them to the surface?

Note the different levels of emotion you experience during the day (so you may experience level 3 once and level 7 three times).

Note where you were, who you were with and what you were doing - especially if there is a sudden swing in your emotions.



Example Framework Below:



On a scale of 1-10 (1 being never felt and 10 being felt mainly) mark your emotional state over the next 7 days.

I experienced THESE levels each day:

	Lvl 1	Lvl 2	Lvl 3	Lvl 4	Lvl 5	Lvl 6	Lvl 7	Lvl 8	Lvl 9	Lvl 10
MON										
TUES										
WED										
THUR										
FRI										
SAT										
SUN										

At the end of the week review your findings by answering these questions:

- How many days did you go through more than 3 levels of emotions and how extreme were they? (What occurred to take you from one emotion to the other?)
- Were there some days that were similar? (Are your days consistently the same or are you challenging yourself, doing different things?)
- Were there times of the day that brought the same level of emotion? (You may have a time of day that works well for you and another time that does not - some people are morning people and some people are night owls!)
- When you were nearest the Level 1 what were you doing? (So that you can do less of it or change the way you do it)
- When you were nearest the Level 10 what were you doing? (So that you can do more of it bringing more joy into your day/week)
- Who influenced your emotions negatively and positively? (Know who is good to be around and who, perhaps, to spend less time with)

This is one tool to use to get an idea of what influences how you feel on a day to day basis. Your aim is to do more of what makes you feel 7-10 on the scale and less of what makes you feel 1-6.