

JOYOMETER

Zone

Scale

Emotion

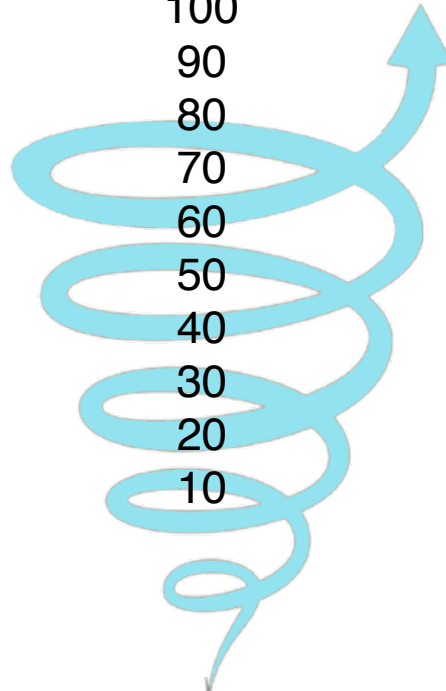
LOVE

Living On
Vibrant
Energy



Inner Guidance

100
90
80
70
60
50
40
30
20
10



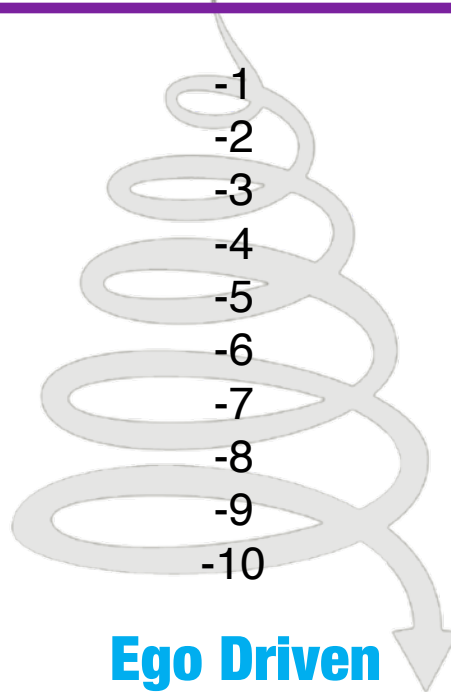
Love
Appreciation
Joy
Passion
Excitement
Happiness
Enthusiasm
Optimism
Hopeful
Content

FEAR

Forgetting
Everything's
All Right



-1
-2
-3
-4
-5
-6
-7
-8
-9
-10



Boredom
Frustration
Worry / Doubt
Discouraged
Anger
Hatred
Unworthiness
Guilt
Depression
Fear / Shame

Ego Driven

Become aware of how you are feeling at any time just ask yourself:

- How do I feel right now?
- Am I attracting (LOVE) or repelling (FEAR) my dreams & goals?
- What is my frequency?