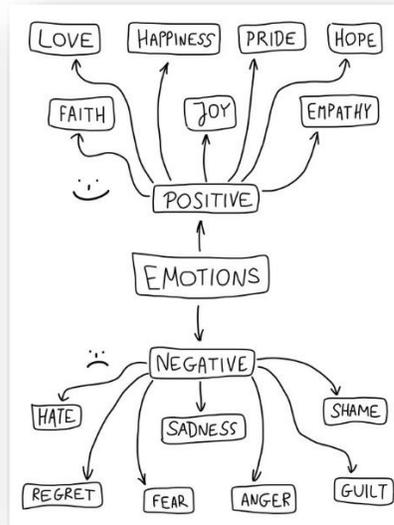


Shifting Your Emotions

Our emotions have a profound effect on our feelings and on our attitude. It is important to diagnose our emotions so that we know when and how to shift them. Emotions can be either negative or positive, and come alive as the result of our thoughts.



Your Emotional Scale Exercise

1. Take this time to ask yourself how you're feeling on a scale of 1 to 10 (the higher the number, the more satisfied and happier you are with yourself).
2. Be honest and write down your emotional number _____.
3. If your number is 8 or higher, you are doing well emotionally at the moment—so do more of those activities.
4. If your emotional scale number is below 5, think of the reason (or reasons) why you're feeling down, and consider the activities you can do to shift your emotion to a more positive one.

Shifting Your Emotions

A quick way to shift your energy (emotions) is to focus your attention—for about seventeen seconds—on something that gives you pleasure. Anything at all. It could be as simple as smiling. Trust me, if you begin to smile for no reason, you'll amuse yourself and will automatically shift your energy.

From having fun to feeling successful to fantasizing about having a wealthy life to loving someone—it's all in our heads. We have the ability to pick any and all our experiences. The attitude in which we welcome such experiences is what will define the outcome of our choices.



The objective of the exercise is for you to understand why you feel the way you do and become aware of your feelings so that you have the chance to alter them. Remember: Your thoughts—whether real or not—become your reality. Knowing this, wouldn't you rather have realistic and positive thoughts?

If you would like to learn more about how to shift your energy (feelings), sign up for a [complimentary 30-minute coaching session](#). There is no obligation of any type, and our session will always be confidential.

Wishing you all the best,
Judith

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