

Emotometer Calibration Exercise

What is your Idle?

The Emotometer is designed to increase self-awareness. With settings from -10 to +10, it provides a method to describe your emotional energy and your sense of personal empowerment.

If a car's engine is out of tune, it may sporadically surge and rev or idle so low that it stops running. Or it may race with the idle set too high. Most cars run smoothly and steadily at a predictable and economical idle.

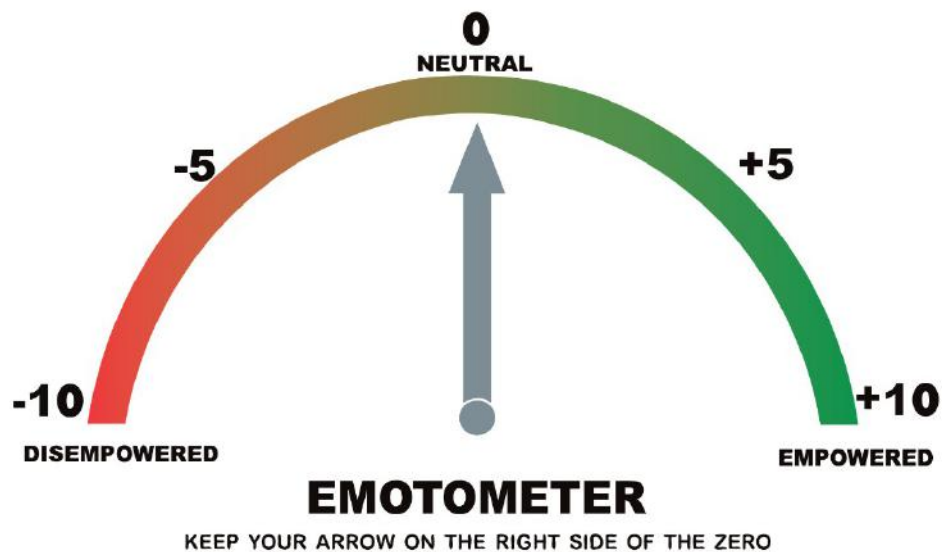
Human beings have an idle as well. Some of us vacillate throughout the day between -10 and +10 on the Emotometer. We feel high, then low. Calm, then upset. Worried, then relieved. Optimistic, then disappointed. We run inefficiently and burn up a lot of energy. We feel empowered and then disempowered many times a day and even many times in a conversation or circumstance. Others are consistently up or down, negative or positive.

Noticing your default energetic set point will help you to establish a comparable baseline to measure progress as you tune-up your mind. This energetic set-point correlates with your emotions, your energy and our sense of personal empowerment. Our goal is to increase your sense of personal empowerment so that you can access inspiration, wisdom and enough motivation to act. By increasing your idle, you will increase your capacity for success.

Follow this process to establish your idle.

Over the next week, calibrate your setting on the Emotometer randomly at least 4 times a day. Make a note of what you are doing and what you are reacting to with each log entry.

Note the date, time and Emotometer Calibration along with the activity you are engaged in, anything you might be reacting to, and any observations that you think may be contributing to your Emotometer Calibration.



Emotometer Calibration Exercise

Emotometer Log

	Date	Time	Emotometer Setting	Activity, Circumstance, Observations
1				
2				
3				
4				
5				
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Total of all readings = _____ ÷ Total number of readings _____ = Your Default Idle _____