

# Climb the Ladder to Personal Empowerment

Here is another mindset tool that can reliably shift your personal empowerment setting on the Emotometer.

## Climb the Ladder Instructions

### Step 1

Using the form on the next page, identify a circumstance that is disempowering in your life. On line 1 in the column labeled "Statement of what seems true", write out a statement describing your view of the circumstance.

### Step 2

Using the Emotometer, calibrate your Personal Empowerment associated with your stated view from Step 1.

### Step 3

Imagine you are standing on the ground looking at a ladder. The top of the ladder represents your happiness, fulfillment and full empowerment. Where you are standing represents your current state of Personal Empowerment.

If you want happiness, fulfillment and full empowerment, proceed with this exercise. If you aren't ready to have happiness, fulfillment and full empowerment, you will resist this exercise and won't find it helpful. You may not yet be willing to let go of your disempowering story. When you are ready, come back to this exercise.

From your current level of personal empowerment, what else can you see that both seems true and feels better? Describe what you see that both seems true and feels better in Statement #2. Then, calibrate your Personal Empowerment when you focus your conscious attention on this new statement.

You may notice that what you thought would feel better didn't. This is not surprising since you are starting from a disempowered state. Sometimes neutralizing your view by focusing only on the facts will provide the boost in Personal Empowerment needed to move the arrow to the right. Just keep looking until you find a thought that seems true and feels better.

### Step 4

Your new level of Personal Empowerment has you on the first rung of the ladder. From here you can see a little more than you could see when you were standing on the ground. What now can you see that both seems true and makes you feel better from this elevated position?

Describe what you see in statement #3 and calibrate your Personal Empowerment when you focus your conscious attention on this new statement.

Continue with this process until you have arrived at your desired state of Personal Empowerment. Remember that your goal is to keep the arrow on the right side of the zero. When you notice that you are feeling disempowered, use this exercise to quickly shift to empowerment.

Stmnt #	<b>Climb the Ladder</b> Statement of what seems true	Personal Empowerment Calibration
1	Your <i>truth</i> (your version of the circumstance including your judgments and emotions)	
2	What can you see that both seems true and feels better?	
	(Hint – start by describing the circumstance factually and without judgment.)	
3	What can you see that both seems true and feels better?	
4	What can you see that both seems true and feels better?	
5	What can you see that both seems true and feels better?	
6	What can you see that both seems true and feels better?	
7	What can you see that both seems true and feels better?	
8	What can you see that both seems true and feels better?	
9	What can you see that both seems true and feels better?	
10	What can you see that both seems true and feels better?	
11	What can you see that both seems true and feels better?	
12	What can you see that both seems true and feels better?	
13	What can you see that both seems true and feels better?	