

Emotometer Calibration Exercise

What is your Idle?

The Emotometer is designed to increase your awareness of the relationship between your thoughts, your energy, your emotions and your personal power. 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. When a car is running well it idles predictably, economically, and steadily.

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 often run inefficiently and burn up a lot of energy. We feel empowered and then disempowered many times a day, throughout a conversation or in a circumstance. There are others whose Emotometer readings are consistently high or consistently low.

Noticing your default energetic set point will help you to establish a comparable baseline to measure progress as you tune-up and reset your mind. This energetic set-point correlates with your emotions, your energy and your sense of personal empowerment. By increasing your sense of personal empowerment, you can access inspiration, wisdom and the necessary motivation to take the actions that will create the results you want. Elevate your idle to increase your capacity for success.

EXERCISE

Establish your current default idle.

Over the next week, using the form on the next pages, calibrate your Personal Empowerment setting on the Emotometer randomly at least 4 times a day. Note the date, time and Emotometer Setting along with the activity you are engaged in, anything you might be reacting to, where your conscious attention is focused, and any observations that you think may be contributing to your Emotometer Setting. Refer to the Emotometer at the back of this workbook for calibrating the setting of your Personal Empowerment.

Personal Empowerment Log

	Date	Time	Emoto- meter Setting	Thought, Activity, Circumstance, Observations
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				

Emoto- meter Setting				
Date	Time	Setting	Thought, Activity, Circumstance, Observations	
12				
13				
14				
15				
16				
17				
18				
19				
20				
21				
22				

Emoto-meter				
Date	Time	Setting	Thought, Activity, Circumstance, Observations	
23				
24				
25				
26				
27				
28				
29				
30				
31				
32				

Total of all readings = _____ ÷ Total number of readings _____ = Your Default Idle _____

