

# Climb the Ladder to Personal Empowerment

Use this mindset tool to reliably shift your personal empowerment setting on the Emotometer.

## Instructions

While learning how to use the Climb the Ladder tool, you may notice some resistance. Are you willing to suspend your resistance for just as long as it takes to try this exercise? See if you can just be open to playing with this idea. If your resistance refuses to step back momentarily, don't fight yourself. Come back to this exercise later, when you feel more willing.

Imagine you are standing at the base of 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.

### 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 "Describe your view", write out a statement describing your view of the circumstance. Then, using the Emotometer, calibrate and record your Personal Empowerment associated with your view in the box on the right side of your description.

### Step 2

Your feeling of disempowerment is caused by your interpretation or *story* about the circumstance. Rewrite your statement on line 2 so that it reflects the facts about the circumstance without any judgment, exaggeration or interpretation of the circumstance. Then, using the Emotometer, calibrate and record your Personal Empowerment associated with the facts of the circumstance on line 2.

### Step 3

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 at the base of the ladder. 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. Then, calibrate and record your Personal Empowerment when you focus your conscious attention on this new statement.

Some thoughts may not actually make you feel better. Just keep looking until you find a thought that seems true and feels better.

### Step 4

Describe what you see in statement #4 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.