

## HOW TO DO AN EMOTIONAL STATE INVENTORY

First, read the instructions, as you will be closing your eyes for some part of this exercise.

Close your eyes and pay attention to your whole system. Notice your emotional state.

What emotion is present?

Are you excited, nervous, angry, happy, sad?

Now that you have identified the emotional state you are in at this moment, you are going to do a detailed inventory of the impact of that emotional state on your whole system. Write down your discoveries.

This awareness will help you identify HOW, your body movement, thoughts, language, and tone of voice, impact your emotions and vice-versa because everything is connected.

### EMOTIONAL STATE INVENTORY

FACT	DESCRIPTION
Posture	
Facial expressions	
Hand movements	
Eye movements	
Breathing rate	
Feet movement	
Spine angle	
Head tilt	
Energy levels	
Descriptive words	
Key phrases	
Repetitive phrases	
Exact words	
Volume of your voice	
Rhythm of your voice	

**What kind of thoughts do you have while you are in this emotional state?**

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**What kind of things you want to do while you are in this emotional state?**

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**What are the reactions of the people around you while you are in this emotional state?**

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**If this emotional state makes you feel good, what kind of actions can you modify or add to increase the intensity of this particular emotional state?**

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**If this emotional state makes you feel uncomfortable in some way, what actions do you need to take to modify or to decrease the intensity of this particular emotional state?**

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**For this particular state, how do you need to move your body in order to get into this state? What kind of thoughts you need to have in your mind to produce this state? What about your breathing? Add as many categories as you find useful to get to this state. This awareness will help you to act by design and not by default. It can be for you to change this emotional state or to produce it.**

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Apply the inventory and questions above to many different emotional states. It's important that you do it with emotions that are empowering, disempowering, or make you feel weak because remember that awareness gives you the power to choose, and your life is always a choice.

Yes You Can!