**Emotion Energy Level Chart**

9- **Excellent**… Excited, Living A Meaningful Life

8- **Great**… Very Happy, Filled With Optimism, Someone Everyone Wants To Be Around

7- **Good**… Happy All The Time

6- **Above Average**… Courage

5- **Average Emotion Energy Level**… Where Most People Are Most of The Time, Stressed

4- **Below Average**… Fear, Anxiety, Anger

3- **Poor**… Hopeless, Regret

2- **Very Poor**… Guilt, Blame

1- **Terrible**… Shame, Miserable

*Your Vibe Attracts Your Tribe!*
The 10 Ways To Achieve Emotional and Mental Mastery

1. Play Upbeat Music
2. Move… Stand… Jump… Clap… Exercise
3. Review Your Goals, Whys, and Vision Board
4. Read Your Affirmations
5. Record and Read In Your Gratitude Journal
6. Meditate… Take Deep Breaths Often
7. Diffuse Essential Oils… Prosperity, Lavender, To Be At Peace, To Be Loved, To Be Happy
8. Burn Lovely Day Soy Candle
9. Wear Your EP2 Stress Pendant
10. Use Harmony Drops & Drink Quanta Water

EmotionalEnergyChart.com