



The Emotional Scale from Self-Doubt to Courage

Let's Dig! Following is 10 emotions commonly encountered on the Self Doubt to Courage Journey. Each emotion on this scale includes a description of the emotional state, a visualization of the room in your unique "House of Me", and a specific journaling question for deeper exploration and transformation. These combined elements offer a comprehensive guide to help you navigate each emotional stage thoughtfully and introspectively.

1. SELF-DOUBT

State Description:

The initial state, characterized by uncertainty and questioning of one's abilities.

Room Description:

The room may be cluttered or dimly lit, with shadows & mirrors distorting reflections.

Journaling Question:

List all the areas in your life where self-doubt shows up for you, and describe what price you have to pay, and what price others have to pay.

2. CONFUSION

State Description:

Feeling overwhelmed by choices or directions.

Room Description:

This room could have confusing patterns or mazes on the walls, creating a sense of being lost.

Journaling Question:

What situations make you feel most confused, and how does this confusion prevent you from making decisions?



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3. FEAR

State Description:

Apprehension about taking steps forward or making changes.

Room Description:

The room might be designed with elements that evoke a sense of fear, like darker corners or unsettling sounds.

Journaling Question:

What are your biggest fears about moving forward, and what specific scenarios play out in your mind when you think about facing these fears?

4. FRUSTRATION

State Description:

The emotion that arises from repeated failures or inability to progress.

Room Description:

This room could have objects that are difficult to use or puzzles that are hard to solve, symbolizing blockages.

Journaling Question:

Identify a recent situation where you felt frustrated by your progress. What triggered your frustration and how did you respond to it?



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5. CURIOSITY

State Description:

Starting to question the status quo and wonder about potential possibilities.

Room Description:

The room becomes lighter, filled with interesting and engaging objects that invite exploration.

Journaling Question:

What are you curious about in your life right now, and how can exploring these curiosities help you overcome your self-doubt?

6. INSIGHT

State Description:

Gaining a clearer understanding of what causes self-doubt and how to address it.

Room Description:

This room could have reflective surfaces showing clearer images, symbolizing self-awareness.

Journaling Question:

Reflect on an insight you've had about your behaviors or patterns. How has this insight changed your understanding of yourself?



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7. MOTIVATION

State Description:

The drive to act and make changes begins to take shape.

Room Description:

Motivational posters or a clear path forward marked on the floor could represent this.

Journaling Question:

What motivates you to push through challenges, and how can you harness this motivation more effectively in your daily life?

8. DETERMINATION

State Description:

Commitment to pursuing goals despite challenges.

Room Description:

This room would have a more structured layout, with strong, straight lines and organized spaces.

Journaling Question:

When have you felt most determined, and what outcome were you striving for? How did you keep yourself focused?



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9. RESILIENCE

State Description:

The ability to recover from setbacks and keep moving forward.

Room Description:

This room might include elements that bounce back when pushed, like resilient materials or springy floors.

Journaling Question:

Think of a time when you bounced back from a setback. What helped you recover, and what did you learn about yourself?

10. COURAGE

State Description:

The culmination of the journey, where one faces challenges head-on.

Room Description:

The room would be vibrant and empowering, with symbols of strength like shields or bright lights overcoming any remaining darkness.

Journaling Question:

Describe a moment when you acted with courage. What fears did you overcome, and how did you feel afterward?

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ACTION PLAN

Who do you commit to being to get to the Top of Your Courage Scale? Who do you **GET** to be? List down the parts of you that you want, need & desire to **BE** aligned with (eg. curious, courageous, loving, resilient, powerful, free, forgiving, etc.). Start with “I am a _____ woman/man/leader” and fill in the blank with 3-4 adjectives of the **NEW YOU!**

GET TO DO LIST:



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