# **SEJ Worksheet Scale**

Please transfer your responses from each step on your SEJ Worksheet onto this worksheet, then circle the number on the scale that represents where you are e.g., is your thought a stressful or stress free thought? etc. Please hand in this worksheet at the end of Lesson 7.

#### STEP ONE: Self Awareness EXAMPLE from Lesson 5 and 6

Mental: <u>I can't do this</u>	When I believe this thought	t I am…	1	2	3	4	5	6	7			
			stressed stress free					free				
Emotional: <u>Ashamed, scare</u>	ed With this/these emotion/s	slam	<u>1</u>	2	3	4	5	6	7			
		unhappy						happy				
Physical: Slumped and tight	With these physical sensatio	ons I am…	<u>1</u>	2	3	4	5	6	7			
			stress	sed					relaxe	ed		
Physical Action: <u>Ignore the e</u>	e <u>mail With this action my abilit</u>	ty to reach	my full	potential	l is… <u>1</u>	2	3	4	5	6	7	
					impo	ossible					possible	Э
Spiritual: <u>I am closed to the t</u>	ask. I am closed to the truth	When I be	elieve th	is thoug	ht I am.	<u>1</u>	2	3	4	5	6	7
					close	ed to T	ruth				open	to Truth

### **STEP ONE: Self Awareness**

Mental:	When I believe this thought I am <u>1 2 3 4 5 6 7</u>								
	stressed stress free								
Emotional:	With this/these emotion/s I am… <u>1 2 3 4 5 6 7</u>								
	unhappy happy								
Physical:	_ With these physical sensations I am… <u>1 2 3 4 5 6 7</u>								
	stressed relaxed								
Physical Action:	With this action my ability to reach my full potential is <u>1 2 3 4 5 6 7</u>								
	impossible possible								
- · · · ·									
Spiritual:	When I believe this thought I am <u>1 2 3 4 5 6 7</u>								
	closed to Truth open to Truth								

## STEP TWO SELF Regulation

Mental:	_ When I believe this thought I am <u>1 2 3 4 5 6</u>	7		
	stressed	stress free		
Emotional:	With this/these emotion/s I am <u>1 2 3 4 5 6</u>	7		
	unhappy	happy		
Physical:	With these physical sensations I am… <u>1 2 3 4 5 6</u>	7		
	stressed	relaxed		
Physical Action:	With this action my ability to reach my full potential is $1$ 2 3 4 5	<u>6 7</u>		
	impossible	possible		
		-		
Spiritual:	When I believe this thought I am <u>1 2 3 4 5 6</u>	/		
	closed to Truth c	open to Truth		

#### STEP THREE SELF Confidence

Mental:	_ When I believe this thought I am <u>1 2 3 4 5 6 7</u>								
	stressed stress free								
Emotional:	With this/these emotion/s I am <u>1 2 3 4 5 6 7</u>								
	unhappy happy								
Physical:	With these physical sensations I am… <u>1 2 3 4 5 6 7</u>								
	stressed relaxed								
Physical Action:	With this action my ability to reach my full potential is <u>1 2 3 4 5 6 7</u>								
	impossible possible								
Spiritual:	When I believe this thought I am <u>1 2 3 4 5 6 7</u>								
	closed to Truth open to Truth								

### STEP FOUR SELF Empowerment

Mental:	With this thought I am	<u>1</u>	2	3	4	5	6	7	
	stressed						stress free		
Emotional:	With this/these emotion/s I am	<u>1</u> unhap		3	4	5	6	<u>7</u> happy	
Physical:	_ With these physical sensations I a		2	3	4	5	6	7 relaxed	
Physical Action:	With this action my ability to reach my full	potentia	al is	<u>1</u> imposs		4	5	<u>6 7</u> possible	
Spiritual:	With this thought I am…	closed		2 <u>3</u> uth	4	5		7 n to Truth	

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