



ODYSSEY

THE LIVING MOMENT

Forms for the Odyssey Program

21 Days to Living in the Moment

Train your brain to be wiser and braver in stress.

Increase energy, clarity and confidence.

Eliminate anxiety and depression.

Russell R. Hassler

Odyssey Leadership

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Note to the user: These forms are a companion to the book Odyssey: The Living Moment, by Russell R. Hassler. The book and these forms are intended as an informational guide. The remedies, approaches, and techniques described in the book and implemented through these forms are meant to supplement, and not to be a substitute for, professional medical care or treatment. They should not be used to treat a serious ailment without prior consultation with a qualified health care professional.

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The Odyssey Methodology

1. TUNE IN

Remember your day

Close your eyes and mentally review your day.
Remember the pings—the people, places or events—that caused you stress, then determine the eMotion triggered by the ping.

- *A ping is a significant emotional experience that shifts your energy.*
- *You remember pings because of their emotional energy.*

Record your pings

Pick the three most impactful pings of the day and record. [PING - box 1]
For each ping, choose the eState that best suits how you responded to the eMotion experienced and record. [TUNE IN - box 2]

Reflect your energy

Focus on how the ping affected your energetic state.
Teach your brain what the ping feels like (i.e. grief, anxiety, apathy, etc.).
Mentally label the feelings with a rational understanding of the eMotion.

2. TURN ON

Raise your eState

Choose an eState higher than the one experienced for each ping and record. [TURN ON - box 3]

Replay your day

Close your eyes and with palm on forehead, visualize reliving each ping in the higher eState. Imagine the same people, place or event ping in the new eState.

- *Include all aspects of the more empowering eMotion. See yourself being confident, responding authentically with pleasant gestures, facial expressions, calm voice, etc.*

Resolve your pings

Set action to neutralize the ping-energy. Ask yourself: What task or solution is necessary to fix a problem? Reconnect with a person? What steps are required to repair what is broken / disconnected? In courage, take action!

- *Set an intention to follow through on the commitment. With palm on forehead, mentally rehearse being courageous / optimistic / accepting of the situation. Visualize the new behavior. Train the brain for a high-energy response to stress.*



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The Quest Journal - Day One -

Date: Day: S — M — T — W — Th — F — S

eState	eMotion	
Experience	Feeling	Energy
Enlightenment	Nirvana	1000
Peace	Bliss	600
Joy	Serenity	540
Love	Reverence	500
Reason	Understanding	400
Acceptance	Forgiveness	350
Optimism	Willingness	310
Trust	Neutrality	250
Courage	Affirmation	200
Pride	Scorn	175
Anger	Resentment	150
Desire	Craving	125
Fear	Anxiety	100
Grief	Regret	75
Apathy	Despair	50
Guilt	Blame	30
Shame	Humiliation	20

GRATITUDE

1.

2.

3.

If the only prayer you say in your whole life is 'thank you' that should suffice.— Meister Eckhart

PING—a significant emotional experience

[box 1]

Duration: ___hr. ___min.

TUNE IN [box 2]

TURN ON [box 3]

PING—a significant emotional experience

Duration: ___hr. ___min.

TUNE IN

TURN ON

PING—a significant emotional experience

Duration: ___hr. ___min.

TUNE IN

TURN ON

Emotion hierarchy adapted from Map of Consciousness: *Power vs. Force*. David R. Hawkins, M.D. Ph.D., 1995.



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The Quest Journal - Day Two -

Date: Day: S — M — T — W — Th — F — S

eState	eMotion	
<i>Experience</i>	<i>Feeling</i>	<i>Energy</i>
Enlightenment	Nirvana	1000
Peace	Bliss	600
Joy	Serenity	540
Love	Reverence	500
Reason	Understanding	400
Acceptance	Forgiveness	350
Optimism	Willingness	310
Trust	Neutrality	250
Courage	Affirmation	200
Pride	Scorn	175
Anger	Resentment	150
Desire	Craving	125
Fear	Anxiety	100
Grief	Regret	75
Apathy	Despair	50
Guilt	Blame	30
Shame	Humiliation	20

GRATITUDE	
1.	
2.	
3.	

If the only prayer you say in your whole life is 'thank you' that should suffice.— Meister Eckhart

PING—a significant emotional experience

[box 1]

Duration: ___hr. ___min.

TUNE IN [box 2]

TURN ON [box 3]

PING—a significant emotional experience

Duration: ___hr. ___min.

TUNE IN

TURN ON

PING—a significant emotional experience

Duration: ___hr. ___min.

TUNE IN

TURN ON

Emotion hierarchy adapted from Map of Consciousness: *Power vs. Force*. David R. Hawkins, M.D. Ph.D., 1995.



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The Quest Journal - Day Three -

Date: Day: S — M — T — W — Th — F — S

eState	eMotion	
<i>Experience</i>	<i>Feeling</i>	<i>Energy</i>
Enlightenment	Nirvana	1000
Peace	Bliss	600
Joy	Serenity	540
Love	Reverence	500
Reason	Understanding	400
Acceptance	Forgiveness	350
Optimism	Willingness	310
Trust	Neutrality	250
Courage	Affirmation	200
Pride	Scorn	175
Anger	Resentment	150
Desire	Craving	125
Fear	Anxiety	100
Grief	Regret	75
Apathy	Despair	50
Guilt	Blame	30
Shame	Humiliation	20

GRATITUDE

1.

2.

3.

If the only prayer you say in your whole life is 'thank you' that should suffice.— Meister Eckhart

PING—a significant emotional experience

Duration: ___hr. ___min.

TUNE IN

TURN ON

PING—a significant emotional experience

Duration: ___hr. ___min.

TUNE IN

TURN ON

PING—a significant emotional experience

Duration: ___hr. ___min.

TUNE IN

TURN ON

Emotion hierarchy adapted from Map of Consciousness: *Power vs. Force*. David R. Hawkins, M.D. Ph.D., 1995



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The Quest Journal - Day Four -

Date: Day: S — M — T — W — Th — F — S

eState	eMotion	
<i>Experience</i>	<i>Feeling</i>	<i>Energy</i>
Enlightenment	Nirvana	1000
Peace	Bliss	600
Joy	Serenity	540
Love	Reverence	500
Reason	Understanding	400
Acceptance	Forgiveness	350
Optimism	Willingness	310
Trust	Neutrality	250
Courage	Affirmation	200
Pride	Scorn	175
Anger	Resentment	150
Desire	Craving	125
Fear	Anxiety	100
Grief	Regret	75
Apathy	Despair	50
Guilt	Blame	30
Shame	Humiliation	20

GRATITUDE
1.
2.
3.

If the only prayer you say in your whole life is 'thank you' that should suffice. — Meister Eckhart

PING—a significant emotional experience

Duration: ___hr. ___min.

TUNE IN

TURN ON

PING—a significant emotional experience

Duration: ___hr. ___min.

TUNE IN

TURN ON

PING—a significant emotional experience

Duration: ___hr. ___min.

TUNE IN

TURN ON

Emotion hierarchy adapted from Map of Consciousness: *Power vs. Force*. David R. Hawkins, M.D. Ph.D., 1995.



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The Quest Journal - Day Five -

Date: Day: S — M — T — W — Th — F — S

eState	eMotion	
<i>Experience</i>	<i>Feeling</i>	<i>Energy</i>
Enlightenment	Nirvana	1000
Peace	Bliss	600
Joy	Serenity	540
Love	Reverence	500
Reason	Understanding	400
Acceptance	Forgiveness	350
Optimism	Willingness	310
Trust	Neutrality	250
Courage	Affirmation	200
Pride	Scorn	175
Anger	Resentment	150
Desire	Craving	125
Fear	Anxiety	100
Grief	Regret	75
Apathy	Despair	50
Guilt	Blame	30
Shame	Humiliation	20

GRATITUDE

1.

2.

3.

If the only prayer you say in your whole life is 'thank you' that should suffice. — Meister Eckhart

PING—a significant emotional experience

Duration: ___hr. ___min.

TUNE IN

TURN ON

PING—a significant emotional experience

Duration: ___hr. ___min.

TUNE IN

TURN ON

PING—a significant emotional experience

Duration: ___hr. ___min.

TUNE IN

TURN ON

Emotion hierarchy adapted from Map of Consciousness: *Power vs. Force*. David R. Hawkins, M.D. Ph.D., 1995.



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The Thought Inventory

Date: _____

eState	eMotion	
<i>Experience</i>	<i>Feeling</i>	<i>Energy</i>
Enlightenment	Nirvana	1000
Peace	Bliss	600
Joy	Serenity	540
Love	Reverence	500
Reason	Understanding	400
Acceptance	Forgiveness	350
Optimism	Willingness	310
Trust	Neutrality	250
Courage	Affirmation	200
Pride	Scorn	175
Anger	Resentment	150
Desire	Craving	125
Fear	Anxiety	100
Grief	Regret	75
Apathy	Despair	50
Guilt	Blame	30
Shame	Humiliation	20

My Active Thoughts	eState
1.	
<i>Action needed:</i>	
2.	
<i>Action needed:</i>	
3.	
<i>Action needed:</i>	
4.	
<i>Action needed:</i>	
5.	
<i>Action needed:</i>	
6.	
<i>Action needed:</i>	
7.	
<i>Action needed:</i>	
8.	
<i>Action needed:</i>	

Observations: _____

Emotion hierarchy adapted from Map of Consciousness: *Power vs. Force*. David R. Hawkins, M.D. Ph.D., 1995.

Day Seven—Rest and Reflect Upon Your Week

Look back at the daily exercises and transcribe your pings in the boxes below. Note any commonalities and group accordingly. This exercise is not to assign blame, but to elevate your awareness of the people, places or events that are disturbing your energy. Observe any patterns. Consider high-energy strategies that would help neutralize the ping. Plan any action necessary.

Day One Pings	Common Pings—People, Places & Events
1.	
2.	
3.	
Day Two Pings	
1.	
2.	
3.	
Day Three Pings	
1.	
2.	
3.	
Day Four Pings	
1.	
2.	
3.	
Day Five Pings	Action Items:
1.	
2.	
3.	



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The Quest Journal - Day Eight -

Date: Day: S — M — T — W — Th — F — S

eState	eMotion	
<i>Experience</i>	<i>Feeling</i>	<i>Energy</i>
Enlightenment	Nirvana	1000
Peace	Bliss	600
Joy	Serenity	540
Love	Reverence	500
Reason	Understanding	400
Acceptance	Forgiveness	350
Optimism	Willingness	310
Trust	Neutrality	250
Courage	Affirmation	200
Pride	Scorn	175
Anger	Hate	150
Desire	Craving	125
Fear	Anxiety	100
Grief	Regret	75
Apathy	Despair	50
Guilt	Blame	30
Shame	Humiliation	20

GRATITUDE
1.
2.
3.

If the only prayer you say in your whole life is 'thank you' that should suffice.— Meister Eckhart

PING—a significant emotional experience

Duration: __hr. __min.

TUNE IN

TURN ON

PING—a significant emotional experience

Duration: __hr. __min.

TUNE IN

TURN ON

PING—a significant emotional experience

Duration: __hr. __min.

TUNE IN

TURN ON

Emotion hierarchy adapted from Map of Consciousness: *Power vs. Force*. David R. Hawkins, M.D. Ph.D., 1995.



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The Quest Journal - Day Nine -

Date: Day: S — M — T — W — Th — F — S

eState	eMotion	
<i>Experience</i>	<i>Feeling</i>	<i>Energy</i>
Enlightenment	Nirvana	1000
Peace	Bliss	600
Joy	Serenity	540
Love	Reverence	500
Reason	Understanding	400
Acceptance	Forgiveness	350
Optimism	Willingness	310
Trust	Neutrality	250
Courage	Affirmation	200
Pride	Scorn	175
Anger	Hate	150
Desire	Craving	125
Fear	Anxiety	100
Grief	Regret	75
Apathy	Despair	50
Guilt	Blame	30
Shame	Humiliation	20

GRATITUDE
1.
2.
3.

If the only prayer you say in your whole life is 'thank you' that should suffice.— Meister Eckhart

PING—a significant emotional experience

Duration: ___hr. ___min.

TUNE IN

TURN ON

PING—a significant emotional experience

Duration: ___hr. ___min.

TUNE IN

TURN ON

PING—a significant emotional experience

Duration: ___hr. ___min.

TUNE IN

TURN ON

Emotion hierarchy adapted from Map of Consciousness: *Power vs. Force*. David R. Hawkins, M.D. Ph.D., 1995.



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The Quest Journal - Day Ten -

Date: Day: S — M — T — W — Th — F — S

eState	eMotion	
<i>Experience</i>	<i>Feeling</i>	<i>Energy</i>
Enlightenment	Nirvana	1000
Peace	Bliss	600
Joy	Serenity	540
Love	Reverence	500
Reason	Understanding	400
Acceptance	Forgiveness	350
Optimism	Willingness	310
Trust	Neutrality	250
Courage	Affirmation	200
Pride	Scorn	175
Anger	Hate	150
Desire	Craving	125
Fear	Anxiety	100
Grief	Regret	75
Apathy	Despair	50
Guilt	Blame	30
Shame	Humiliation	20

GRATITUDE
1.
2.
3.

If the only prayer you say in your whole life is 'thank you' that should suffice.— Meister Eckhart

PING—a significant emotional experience
Duration: ____hr. ____min.
TUNE IN
TURN ON

PING—a significant emotional experience
Duration: ____hr. ____min.
TUNE IN
TURN ON

PING—a significant emotional experience
Duration: ____hr. ____min.
TUNE IN
TURN ON

Emotion hierarchy adapted from Map of Consciousness: *Power vs. Force*. David R. Hawkins, M.D. Ph.D., 1995.



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The Quest Journal - Day Eleven -

Date: Day: S — M — T — W — Th — F — S

eState	eMotion	
<i>Experience</i>	<i>Feeling</i>	<i>Energy</i>
Enlightenment	Nirvana	1000
Peace	Bliss	600
Joy	Serenity	540
Love	Reverence	500
Reason	Understanding	400
Acceptance	Forgiveness	350
Optimism	Willingness	310
Trust	Neutrality	250
Courage	Affirmation	200
Pride	Scorn	175
Anger	Resentment	150
Desire	Craving	125
Fear	Anxiety	100
Grief	Regret	75
Apathy	Despair	50
Guilt	Blame	30
Shame	Humiliation	20

GRATITUDE
1.
2.
3.

If the only prayer you say in your whole life is 'thank you' that should suffice.— Meister Eckhart

PING—a significant emotional experience

[box 1]

Duration: ___hr. ___min.

TUNE IN [box 2]

TURN ON [box 3]

PING—a significant emotional experience

Duration: ___hr. ___min.

TUNE IN

TURN ON

PING—a significant emotional experience

Duration: ___hr. ___min.

TUNE IN

TURN ON

Emotion hierarchy adapted from Map of Consciousness: *Power vs. Force*. David R. Hawkins, M.D. Ph.D., 1995.



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The Quest Journal - Day Twelve -

Date: Day: S — M — T — W — Th — F — S

eState	eMotion	
<i>Experience</i>	<i>Feeling</i>	<i>Energy</i>
Enlightenment	Nirvana	1000
Peace	Bliss	600
Joy	Serenity	540
Love	Reverence	500
Reason	Understanding	400
Acceptance	Forgiveness	350
Optimism	Willingness	310
Trust	Neutrality	250
Courage	Affirmation	200
Pride	Scorn	175
Anger	Resentment	150
Desire	Craving	125
Fear	Anxiety	100
Grief	Regret	75
Apathy	Despair	50
Guilt	Blame	30
Shame	Humiliation	20

GRATITUDE	
1.	
2.	
3.	

If the only prayer you say in your whole life is 'thank you' that should suffice.— Meister Eckhart

PING—a significant emotional experience

[box 1]

Duration: ___hr. ___min.

TUNE IN [box 2]

TURN ON [box 3]

PING—a significant emotional experience

Duration: ___hr. ___min.

TUNE IN

TURN ON

PING—a significant emotional experience

Duration: ___hr. ___min.

TUNE IN

TURN ON

Emotion hierarchy adapted from Map of Consciousness: *Power vs. Force*. David R. Hawkins, M.D. Ph.D., 1995.

EARLIEST MEMORIES:

humiliation, sadness, anxiety,
resentment, happiness or love

humiliation, sadness, anxiety,
resentment, happiness or love

TEENAGE MEMORIES:	Associated eMotions: humiliation, sadness, anxiety, resentment, happiness or love
YOUNG ADULT MEMORIES:	Associated eMotions: humiliation, sadness, anxiety, resentment, happiness or love



WEEK TWO - THE QUEST

MY ROAD OF LIFE

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Day Fourteen—Rest and Reflect on Your Week

Look back at the daily exercises and transcribe your pings in the boxes below. Note any commonalities and group accordingly. This exercise is not to assign blame, but to elevate your awareness of the people, places or events that are disturbing your energy. Observe any patterns. Also consider strategies that would help resolve the ping. Note any action necessary. Remember, courage is the gateway to high-energy states.

Day Eight Pings	Common Pings—People, Places and Events
1.	
2.	
3.	
Day Nine Pings	
1.	
2.	
3.	
Day Ten Pings	
1.	
2.	
3.	
Day Eleven Pings	Observations / Strategies for Improvement
1.	
2.	
3.	
Day Twelve Pings	
1.	
2.	
3.	
	Action Items:



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The Quest Journal - Day Fifteen -

Date: Day: S — M — T — W — Th — F — S

eState	eMotion	
<i>Experience</i>	<i>Feeling</i>	<i>Energy</i>
Enlightenment	Nirvana	1000
Peace	Bliss	600
Joy	Serenity	540
Love	Reverence	500
Reason	Understanding	400
Acceptance	Forgiveness	350
Optimism	Willingness	310
Trust	Neutrality	250
Courage	Affirmation	200
Pride	Scorn	175
Anger	Resentment	150
Desire	Craving	125
Fear	Anxiety	100
Grief	Regret	75
Apathy	Despair	50
Guilt	Blame	30
Shame	Humiliation	20

GRATITUDE
1.
2.
3.

If the only prayer you say in your whole life is 'thank you' that should suffice.— Meister Eckhart

PING—a significant emotional experience

[box 1]

Duration: ___hr. ___min.

TUNE IN [box 2]

TURN ON [box 3]

PING—a significant emotional experience

Duration: ___hr. ___min.

TUNE IN

TURN ON

PING—a significant emotional experience

Duration: ___hr. ___min.

TUNE IN

TURN ON

Emotion hierarchy adapted from Map of Consciousness: *Power vs. Force*. David R. Hawkins, M.D. Ph.D., 1995.



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The Quest Journal - Day Sixteen -

Date: Day: S — M — T — W — Th — F — S

eState	eMotion	
<i>Experience</i>	<i>Feeling</i>	<i>Energy</i>
Enlightenment	Nirvana	1000
Peace	Bliss	600
Joy	Serenity	540
Love	Reverence	500
Reason	Understanding	400
Acceptance	Forgiveness	350
Optimism	Willingness	310
Trust	Neutrality	250
Courage	Affirmation	200
Pride	Scorn	175
Anger	Resentment	150
Desire	Craving	125
Fear	Anxiety	100
Grief	Regret	75
Apathy	Despair	50
Guilt	Blame	30
Shame	Humiliation	20

GRATITUDE

1.

2.

3.

If the only prayer you say in your whole life is 'thank you' that should suffice.— Meister Eckhart

PING—a significant emotional experience

[box 1]

Duration: ___hr. ___min.

TUNE IN [box 2]

TURN ON [box 3]

PING—a significant emotional experience

Duration: ___hr. ___min.

TUNE IN

TURN ON

PING—a significant emotional experience

Duration: ___hr. ___min.

TUNE IN

TURN ON

Emotion hierarchy adapted from Map of Consciousness: *Power vs. Force*. David R. Hawkins, M.D. Ph.D., 1995.



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The Quest Journal - Day Seventeen -

Date: Day: S — M — T — W — Th — F — S

eState	eMotion	
<i>Experience</i>	<i>Feeling</i>	<i>Energy</i>
Enlightenment	Nirvana	1000
Peace	Bliss	600
Joy	Serenity	540
Love	Reverence	500
Reason	Understanding	400
Acceptance	Forgiveness	350
Optimism	Willingness	310
Trust	Neutrality	250
Courage	Affirmation	200
Pride	Scorn	175
Anger	Resentment	150
Desire	Craving	125
Fear	Anxiety	100
Grief	Regret	75
Apathy	Despair	50
Guilt	Blame	30
Shame	Humiliation	20

GRATITUDE
1.
2.
3.

If the only prayer you say in your whole life is 'thank you' that should suffice.— Meister Eckhart

PING—a significant emotional experience
[box 1]
Duration: ___hr. ___min.
TUNE IN [box 2]
TURN ON [box 3]

PING—a significant emotional experience
Duration: ___hr. ___min.
TUNE IN
TURN ON

PING—a significant emotional experience
Duration: ___hr. ___min.
TUNE IN
TURN ON

Emotion hierarchy adapted from Map of Consciousness: *Power vs. Force*. David R. Hawkins, M.D. Ph.D., 1995.



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The Quest Journal - Day Eighteen -

Date: **Day:** S — M — T — W — Th — F — S

eState	eMotion	
<i>Experience</i>	<i>Feeling</i>	<i>Energy</i>
Enlightenment	Nirvana	1000
Peace	Bliss	600
Joy	Serenity	540
Love	Reverence	500
Reason	Understanding	400
Acceptance	Forgiveness	350
Optimism	Willingness	310
Trust	Neutrality	250
Courage	Affirmation	200
Pride	Scorn	175
Anger	Resentment	150
Desire	Craving	125
Fear	Anxiety	100
Grief	Regret	75
Apathy	Despair	50
Guilt	Blame	30
Shame	Humiliation	20

GRATITUDE	
1.	
2.	
3.	

If the only prayer you say in your whole life is 'thank you' that should suffice.— Meister Eckhart

PING—a significant emotional experience	
[box 1]	
Duration: ___hr. ___min.	
TUNE IN [box 2]	
TURN ON [box 3]	

PING—a significant emotional experience	
Duration: ___hr. ___min.	
TUNE IN	
TURN ON	

PING—a significant emotional experience	
Duration: ___hr. ___min.	
TUNE IN	
TURN ON	

Emotion hierarchy adapted from Map of Consciousness: *Power vs. Force*. David R. Hawkins, M.D. Ph.D., 1995.



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The Quest Journal - Day Nineteen -

Date: Day: S — M — T — W — Th — F — S

eState	eMotion	
<i>Experience</i>	<i>Feeling</i>	<i>Energy</i>
Enlightenment	Nirvana	1000
Peace	Bliss	600
Joy	Serenity	540
Love	Reverence	500
Reason	Understanding	400
Acceptance	Forgiveness	350
Optimism	Willingness	310
Trust	Neutrality	250
Courage	Affirmation	200
Pride	Scorn	175
Anger	Resentment	150
Desire	Craving	125
Fear	Anxiety	100
Grief	Regret	75
Apathy	Despair	50
Guilt	Blame	30
Shame	Humiliation	20

GRATITUDE
1.
2.
3.

If the only prayer you say in your whole life is 'thank you' that should suffice.— Meister Eckhart

PING—a significant emotional experience

[box 1]

Duration: __hr. __min.

TUNE IN [box 2]

TURN ON [box 3]

PING—a significant emotional experience

Duration: __hr. __min.

TUNE IN

TURN ON

PING—a significant emotional experience

Duration: __hr. __min.

TUNE IN

TURN ON

Emotion hierarchy adapted from Map of Consciousness: *Power vs. Force*. David R. Hawkins, M.D. Ph.D., 1995.

Day Twenty Exercise

Rest and Reflect on your Week.

Look back at the daily exercises and transcribe your pings in the boxes below. Note any commonalities and group accordingly. This exercise is not to assign blame, but to elevate your awareness of the people, places or events that are disturbing your energy. Observe any patterns. Also consider strategies that would help neutralize the ping. Note any action necessary.

Day Fifteen Pings	Common Pings—People, Places and Things
1.	
2.	
3.	
Day Sixteen Pings	
1.	
2.	
3.	
Day Seventeen Pings	
1.	
2.	
3.	
Day Eighteen Pings	
1.	
2.	
3.	
Day Nineteen Pings	
1.	
2.	
3.	
	Observations / Strategies for Improvement
	Action Items:



WEEK ONE

Personal Value Assessment

DAY OF WEEK																		
4. My eState	Peace																	
	Joy																	
	Love																	
	Reason																	
	Acceptance																	
	Optimism																	
	Trust																	
	Courage																	
	Pride																	
	Anger																	
	Desire																	
	Fear																	
	Grief																	
	Apathy																	
	Guilt																	
	Shame																	
	3.	POSTITIVE																
		NEGATIVE																
2. What I valued																		
1. My Pings																		



WEEK TWO

Personal Value Assessment

DAY OF WEEK																	
4. My eState	Peace																
	Joy																
	Love																
	Reason																
	Acceptance																
	Optimism																
	Trust																
	Courage																
	Pride																
	Anger																
	Desire																
	Fear																
	Grief																
	Apathy																
	Guilt																
	Shame																
	3.	POSTITIVE															
NEGATIVE																	
2. What I valued																	
1. My Pings																	



WEEK THREE

Personal Value Assessment

DAY OF WEEK																		
4. My eState	Peace																	
	Joy																	
	Love																	
	Reason																	
	Acceptance																	
	Optimism																	
	Trust																	
	Courage																	
	Pride																	
	Anger																	
	Desire																	
	Fear																	
	Grief																	
	Apathy																	
	Guilt																	
	Shame																	
	3.	POSTITIVE																
		NEGATIVE																
2. What I valued																		
1. My Pings																		



My Personal Values

Value (from PVA form)

Quantity

efficiency 8 times

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Personal Value Statement

"My name is _____ and I value _____,
_____, _____, _____, _____,
_____, and _____."