

Julie Renee – Self-Resourcing / Self-Regulation – Qualitative Rating Scale

- 10      Divine Flow      God is opening every door. I am flowing with Grace. I am living my purpose from a place of synchronicity, spiritual connection, miracles and joy. Abundant, miraculous energy is flowing through me and my body is singing with abundance, strength and power.
- 9      In Love With Life!      I feel happy, beautiful, appreciated and joyful. I am being cherished by my partner and friends. I have exquisite self-care and a terrific social life. I have abundant energy and am radiating light. I am looking forward to each day. Work is fun and joyful. I am writing inspired books. I am dancing and loving life.
- 8      Abundant Energy      Feeling good! Excited about my life. I have a high level of self care structures in place, such as hiking 20 miles a week. Feel like I have an abundance of energy and I am excited for each day.
- 7      Positive Socialization      I feel full and resourced enough that I am getting out and connecting with others. I'm inviting people over for dinners. I'm having fun with people I care about. I'm dating. I have enough energy to give and receive socially. My eyes are sparkling.
- 6      Positive Self Care      My structures are in place and working. I am tired at the end of the day in a productive, self satisfied way. Meditating, working out, getting massage. Productive and things feel under control.
- 5      Intermittent Self Care      I'm getting depleted on a regular basis but I'm rebooting as quickly and often as I can. I'm exercising and getting occasional massages. I know what I'm supposed to be doing and doing part of it, but I don't feel like I'm grounded or in control. I'm not in a regular flow.
- 4      Sustainable Exhaustion      Not happy. Adelia can't read me – "Mommy sad?" End of the day I'm exhausted. Pushing to get through each day. Sad eyes.
- 3      On The Edge      Crying. Overwhelmed. Valve that needs to be released. I've held it together through the day, and now I've gone upstairs and I'm crying in my room.
- 2      Unsustainable Exhaustion      Highly stressed. Worried that I will collapse. I don't know how I can take care of her if this keeps going. I am unable to access my resources.
- 1      Emotional Breakdown      I have lost it. I can't handle Adelia. I can't handle myself or my life. I can't do it. I am falling apart.