

HerQuest Personal Discovery Guide

“Become Purposeful”

Using an Adapted Emotional Scale from the Works of Abraham Hicks



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Step 1: Become Purposeful

You may have heard people talking about setting an intention when thinking about personal growth. To me what that really means is deciding to focus in a way that is purposeful, intentional and deliberate.

Your opportunity today is to consider becoming purposeful about the fun in your life, the pleasure in your life, the joy in your life, and the love in your life!

It's easy to see that emotions play a big part in our mood.

Our mood contributes to our attitude.

Our attitude influences our experience.

What triggers it all? Our thoughts. The thoughts that roll endlessly in our minds. When we become deliberate about our thoughts, we regain control of everything.

Each day, as we wake up, as our day unfolds and as the unexpected happens, our thoughts come and go...right along with that trail of thoughts, comes a trail of emotions.

By assessing where you stand on this scale on this Emotional Guidance Scale (adapted by HerQuest from the works of Abraham Hicks) you have positioned yourself to be able to take the precise next steps, perfect just for you, directly toward what you want.

By choosing to explore and discover in some simple and fun ways, you will become empowered with understanding your own personal instinctual guidance.

At times this guidance will indicate a need to soothe yourself in some way; other times you will feel called to socialize with others in fun and stimulating ways.

Most importantly, **what you are about to realize is the key** to releasing yourself from wishing, asking or even demanding what you "need" from the people in your life.

The insight you are about to find in what your personal emotions are telling you will eliminate fear and indecision and offer you a new view of both yourself and your world.

By isolating how each emotion feels you regain control of your life....

Sounds serious, right?

NOPE!

Not at all!

This invitation is to offer yourself some time to have fun and lighten your load, to love yourself enough to ease your worry and find an untroubled heart and mind. It is the path to releasing your fear and believing all is being taken care of. It is an opportunity to observe yourself and others in a way that allows the kind of love that embraces the ease of flexibility, the joy that comes with appreciation and the excitement of wanting more.

Once you have rediscovered how to isolate your emotions, you can discern the cause and effect of the thoughts you think and the emotions they carry with them so that you free yourself from wanting other people to make you happy.

There is NO NEED to dig up painful memories of the past. You already gained the value in knowing what you don't want...by identifying what you do what!

As you discover the ways that you prefer to soothe your body, mind and spirit, you will feel yourself shifting into a different place, having a different view of the world.

As you begin to taste the sweetness of freedom, you will release thoughts that are tied to other people's opinions. You will release thoughts that are tied to what other people think about you. **The key to this freedom** is accepting your own worth...self worth. Finding it feels like receiving the inspiration of creative passion; the power of intellect and the wisdom of understanding your inner spirit.

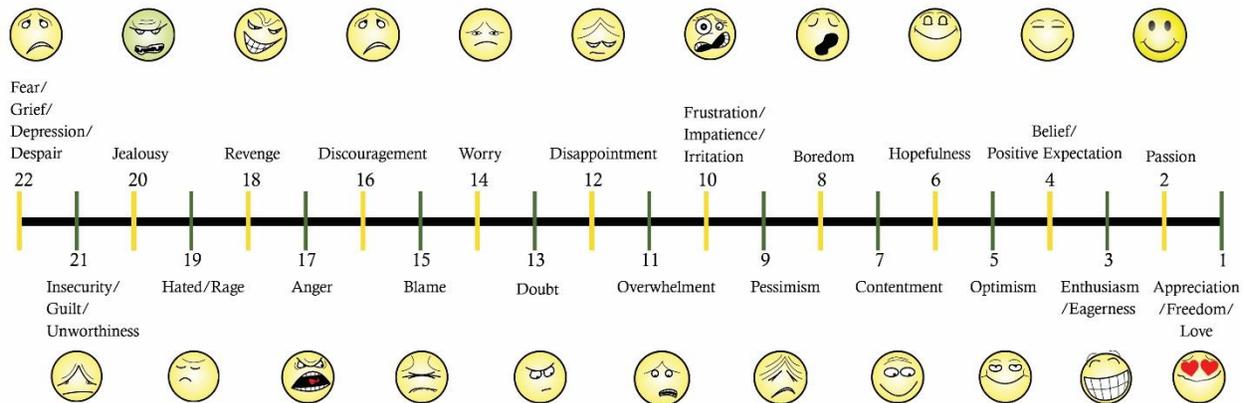
As you clear the confusion of being dependent on other people and remember that life is supposed to be fun, you will experience a stream of love that will carry to you everything that defines your "happy".

It is the "doing" in this guide that will change your life. Reading it will do nothing to create change that sticks. What is your intention?

Step 2: Assess Where You Stand

The Value is in your GUT

Abraham-Hick's Emotional Scale



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Each scenario is listed below for your reference.

1. You are shopping and stumble across a group of women you know from the school your children attend, or people you work with. They are having a meal together, laughing, smiling, looking like they are having such fun. You can see some shopping bags around the table and you think they have been here a while. How do you feel?

2. You are invited to go to the movies, you haven't been in a while and eagerly agree. Your unfamiliar with the storyline, but do recognize one of two of the main actors and your looking forward to going. As you are getting settled, you realize unexpectedly that this is a romantic love story. How do you feel?

3. You are involved in a project of some sort that have a few different teams. The leader is placing people onto various teams and you are chosen last. How do you feel?

4. You are invited to dinner and happen to know that “the one that got away” is going to be dining there as well. You have not seen that person in over ten years. How do you feel when you are getting ready, selecting your clothes, jewelry, looking at yourself in the mirror?

5. Your visiting your best friend and she unexpectedly receives flowers from a delivery person. How do you feel?

6. You are on a walk in the woods and come across a stream that is moving relatively fast, its been raining so much. There is no option but to tip toe across the water from rock to rock. How do you feel?

For each category, the emotions you identified reflect your emotional set points, meaning...where you stand on the emotional scale, compared to the belief you will get what you want in your life.

The reason you are standing where you are is due to the thoughts that you continually think!

Those thoughts are tied to you the journey you have already travelled...you are leashed to the past!

That is **the key to finding change that sticks**...Releasing once and for all the habitual thoughts that keep us stuck.

For some of you that is not new information. Yet, what if in addition to that knowledge, your purposeful, intentional, deliberate decision was to REACH FOR JOY? Wouldn't that be a great way to feel all the time?

Add your emotional set points to the graph below. Each scenario depicted a different scene that would trigger a personal emotional reaction. Each gut level score reflects the thoughts and beliefs you have about friendship, love and self-worth.

Scenario #1 Emotional Stance: _____

Reflects how worthy you feel in your current friendships

Scenario #2 Emotional Stance: _____

Reflects your expectation about the kind of love you desire

Scenario #3 Emotional Stance: _____

Reflects how worthy you feel intellectually

Scenario #4 Emotional Stance: _____

Reflects how much appreciation you have for yourself

Scenario #5 Emotional Stance: _____

Reflects your level of appreciation for your surroundings

Scenario #6 Emotional Stance: _____

Reflects how comfortable you feel in your physical body

By choosing JOY as our QUEST, consider each scenario again and chose at least one of the thought prompts below to invite a different expectation into your mind and your experience. By creating a journal entry, you will be able to easily reference this in the future.

- Wouldn't it be nice if...
- I love it when...
- I'd really like to see...
- Wouldn't it be fun...

The MASTER KEY...do not include any specific people in your journal entry.

The Emotional Journey of Life

It is easy to recognize that we feel differently about different subjects in our lives. When any particular subject triggers a strong negative reaction, we can choose to prioritize the areas of our life that feel positive to us and avoid the more negative topics. We can also use this guide to purposefully shift our emotion up the scale.

There are 8 areas of focus for each emotional range outlined. Those in bold are strongly suggested as a committed daily practice.

Many women have a difficult time answering, what do you want? It is important to embrace the fact that your path to “happy” has many options. In fact, it is by dabbling with a variety of options that you get to a place where you can answer that question. Discovery is about trying this and that. We make it intentional by adding a measurement.

The HerQuest Emotional Scale will continue to be your fast and easy way to measure the variation of how you feel before and after each choice you make. **Writing a journal entry that gauges how you feel before and after an activity will be helpful to discern your preferences. Spending a few minutes at the end of each day to gauge how your overall day felt is the best way to track when small shifts start adding up to actual change.**

The **first step** is to remember what each emotion feels like...by dabbling you will begin to isolate each one. **Second**, ease your body and your mind, allowing you to shift up the emotional scale. **Third**, celebrate as you move closer and closer to the kind of life you have been wishing for.

4 Stages of Deliberate Focus

Objectives: For Emotional Stance #22 Fear/Grief/Depression/Despair through #17 Anger

1. Soothe the physical body with gentle body treatments
2. Surround yourself with nature
- 3. Measure amount of sleep**
4. Body movement = Be still
5. Decision Making Focus = Reach for Relief
6. Release Avoidance and Over-Preparing Behavior
- 7. Quiet Your Mind 15 minutes a day first thing in the morning**
- 8. Night Time Ritual: I am/I have journal entry**

Objectives: For Emotional Stance #16 Discouragement through #11 Overwhelming

1. Soothe the physical body by engaging the physical senses
2. Surround yourself with yourself
- 3. Measure amount of sleep**
4. Body Movement = Slow and Easy
5. Decision Making Focus = That which feels easy and satisfying
6. Release Unnecessary Chatter, Problem Solving
- 7. Quiet Your Mind 15 minutes a day first thing in the morning**
- 8. Night Time Ritual: I prefer...journal entry**

Objectives: For Emotional Stance # 10 Frustration/Impatience/Irritation through #6 Hopeful

1. Soothe the mind with a neutral atmosphere
2. Surround yourself with a few close friends
- 3. Measure amount of sleep**
4. Body Movement = Brisk
5. Decision Making Focus = Reach for curiosity
6. Release False Premises/Limiting Beliefs
- 7. Quiet Your Mind 15 Minutes a day first thing in the morning**
- 8. Night Time Ritual: The value of contrast journal entry**

Objectives: For Emotional Stance #5 Optimism through #1 Appreciation/Freedom/Love

1. Stimulate and Body and Mind with Social Interaction
2. Surround yourself with opportunity for rendezvous and passion
- 3. Measure amount of sleep**
4. Body Movement = High Energy
5. Decision Making Focus = Reach for Playfulness, Beyond What is Familiar
6. Release the Risk of Negative Spiral – Catch emotional reaction early
- 7. Quiet Your Mind 15 minutes a day first thing in the morning**
- 8. Night Time Ritual: Fine-tune your desires journal entry**

TRUE OR FALSE?

DID YOU LEARN THIS ALONG YOUR WAY TOO?

1. You have to “earn” it to “deserve” it. FALSE

The goal is to dismiss this belief.

For most people, this belief is the result of someone wanting us to do something they wanted.

Believing we have to “earn” it requires someone else to judge our “deservability”. This belief fosters a dependency on other people. Perhaps at times you have felt like a puppet on a string! Everybody wanting something different from you.

The HerQuest Discovery System will assist you in finding your self-worth by discovering ways that feel soothing to you. When you add quieting your mind for 15 minutes a day, your thoughts will relax just like your body and you will receive new awareness that foster a love for yourself that you have not experienced before.

2. You will “jinx” your dreams and desires if you think about them to much. FALSE

The goal is to dismiss this belief.

Most of us came to believe this and actually thwarted the power that imagery and imagination holds.

The HerQuest Discovery System will guide you to see the power in your imagination! Getting playful will help you to ease your mind and allow you to begin imagining your perfect life. The “wishes” you have had for a while will take longer to impact. The key is to keep your exploration FUN. When you can sustain the image of the life you want, you will see it unfold before you.

A KEEN SENSE OF OBSERVATION...HELPFUL OR NOT HELPFUL?

We have amazing powers of observation. Do you think they are helpful? NO

Most of us observe what we do not like in our lives. We strive to “figure it out”, often “asking what should I do, what should I do”!

Fact is, observing and thinking about what we don’t want actually perpetuates it and causes it to keep occurring.

One the benefits of the HerQuest Discovery System is that you distract yourself from the “struggles” of life, which actually disempowers them. As you explore and discover new experiences, you will show yourself something different! Your mind will open to new possibilities and relax even more.

IS YOUR MIND SCREAMING “BRING IT ON” OR SCREAMING “YA RIGHT, NO WAY”?

What you want is either on its way to you or it's not. This question is THE KEY to know whether you are ready to receive your desires.

If you are feeling skeptical, wondering if this is just a waste of time and a bunch of foolishness, I encourage you to simply jump into exploring ways to soothe yourself. This is a discovery process and you will discover in the precise way that is right for you. Your instinctual gut knows the best way to maneuver around the false premises that live in your mind.

What you will find is that you will regain trust of yourself. Just that thought alone may soothe you. Each time you explore and discover personal evidence, your awareness will raise even more. Step by step you will be guided to stay on track by reaching for the best feeling thought you can think in each moment of time.

Not only will you trust yourself again, you will realize there is a stream of love ready to bring you all that you have been waiting for.

It's not magic, but it will feel that way.

THE BIG THREE

1. A positive mood and a positive attitude offer the smoothest and fastest path to discover what you want.
2. A daily practice of quieting your mind for 15 minutes has a cumulative effect. You will feel a significant impact after 30 consecutive days of practice.
3. A nightly ritual is the time to foster thoughts of “I feel better about...” Writing these thoughts down by hand will allow an even stronger result.

IMAGINE THIS...

Over the years, you have wanted many things. Imagine them all deposited in a bank. You are about to make a withdrawal. Consider the fact that each detail was deposited separately. Yet when each withdrawal is made, it is the blend of many details, offering you much more than you ever expected. The result is the kind of joy that comes with surprise and delight.

Get ready, it's going to blow your mind!

The “Dabble”

Remember, the key is to...

Reach for **relief** arriving at a place where you **know what you want**, where you **accept your worthiness**, and where you **release dependency** on the people in your life.

You will receive a variety of ideas and suggestions via email a few times a week to encourage you to reach beyond what you already know.

Here are a few examples:

- Wake Up and Listen
- The Art of Wandering
- Body Treatments
- Touching Nature
- Look Closely
- Create Your Nest
- Sound Baths
- Become Curious
- I Love Me
- Embrace No Thank You
- Immersion Experiences
- Falling in Love with Life
- ReDiscover Passion

HerQuest offers both “Solo-Journeys” and Adventure Travel. Whether you travel with us or on your own, these tips and tools will enhance every experience.

We will be traveling to New Orleans, Sedona and North Carolina in the coming months. More to come soon!

Solo-Journeys are solitary time that are focused on finding your spirit. More to come soon!

HerQuest creates experiences that you can participate in or use the model to host in your own home. Details coming soon on Signature Cocktail Parties for the Ladies and “Pretty Woman” Make Overs.

I consider it an honor to have shared the HerQuest Discovery System with you.

I look forward to hearing about your experiences and encourage to reach out at any time.

Sending you much love,



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