

The Mood Map – from Thoughts to Reality				
	Thinking State (Beliefs and Attitudes)	Feeling State (Emotional Response)	Behaviours (Actions and Reactions)	ROI (Results, Outcomes, and Impacts)
HIGHER STATES →	"I'm resourceful" Up to my life Worthy Enough	Confident Inspired Eager Optimistic	Graceful Creative Purposeful Responsive	Joy Peace Bliss Resiliency
	"I'm grateful" Appreciative Unique Precious	Generous Empowered Abundant Positive	Contribute Give Support Thanks	Fulfillment Intimacy Safety Partnership
	"I'm curious" Wonderment Interested Inviting	Open Accepting Fascinated Surprised	Ask questions Attentive Disclosing Respectful	Learning Connection Trust Rapport
⇕ CHOICE ⇕				
← LOWER STATES	"I'm separate" You vs. Me Judgement Comparing	"Better than" (Arrogant) "Less than" (Resentful)	Critical/Discount Judgement/Blame Defend/Protect Stuff	Tension Distance Withdrawal Compliance
	"I am my role" I am identified Take it personally Win/Lose	Insecure Threatened Suspicious Afraid	Attributors Resistance Attack Sabotage	Conflict Struggle Politics War
	"I'm powerless" I can't I'm stuck I'm helpless	Depressed Out of control Alone Despair	Frozen Wait/Hope Negative Reactionary	Victim Sinking Others control you Giving up

The Mood Map

Mental and emotional functioning is closely connected. Our conscious awareness and the quality of our thinking directly influence our emotional and feeling responses. To the extent that we are able to become aware of this relationship and begin to manage the thinking processes for ourselves, we may be able to function at higher levels of emotional health and performance.

The Mood Map, can help. Reading from left to right on the Mood Map, we see the causal connection between our thinking state and our feeling response, which influences our behaviours, which affect our outcomes. In addition, there is a vertical dimension, with upper and lower levels of thinking that manifest unique outcomes.

It is helpful to use the Mood Map in reverse, as a guide to understanding how your thinking impacts your personal effectiveness. Think of a personal or work situation in which you might have strong feelings. Start on the right side of the map by locating the ROI that you are currently experiencing. Next, check to see if the behavioural pattern is similar to what is indicated in the Behaviour column. Reading to the left, determine whether the associated Feeling State may underlie those behaviours and the extent to which your Thinking State has brought about the results. If you find connections and determine a causal relationship, work on the left side of the map.

Examine, accept, and consciously change (elevate) the beliefs, thoughts and attitudes that may be creating the context for your present result. High-performing individuals seem to have high-performance belief systems that they consciously develop, monitor and feed with helpful and powerful thoughts. This starts with high levels of self-awareness.

Many of my life experiences pretty well match the words on the Mood Map, which are meant as indicators only. Your personal life experiences may match to a greater or lesser degree. Play with this Mood Map and see what connections you can make as you coach people (and are coached). Keep it light. If it works, use it. You may find that you and others are able to see issues and problems more clearly, and to more quickly discover solutions, when you are experiencing a more elevated, healthier state of mind.