



WORKBOOK  
WORKBOOK  
WORKBOOK

# The Wheel of Emotional Resonance

Face the Present, Forgive the Past, Unlock the Future.

*This product  
is perfect for  
you if:*



You have success in life but feel like something is missing and don't know how to talk to anyone about it or even face it yourself.



You struggle to feel gratitude for the life you have created through hard work, loyalty and dedication. You want more or 'other' but don't want to hurt those you love by looking for it.



You feel overwhelmed by life on a personal and global level. You're finding it hard to stay grounded in your own values and feel 'off course'.



You are determined to commit regular time to deep dive into your whole life satisfaction and identify what might be draining your joy so that you can live an emotionally fulfilled life.



You feel happy, fulfilled and full of joy for your family, friends and work colleagues. You're good. Move on.



You want a reason to burn your whole life to the ground and walk away from everything you've accomplished.



You're looking for someone else to blame for the unhappiness in your life and don't think you need to better understand yourself.



You want to find an immediate solution to a problem you've been ignoring for years and are only interested in quick fix solutions.

*This product  
is not for  
you if:*

*How this workbook will help you*

# BEFORE



# AFTER

## Ignoring the problem

You can't fix a problem you refuse to face. But you're too scared to face the decisions that might come from facing it.

## Blaming the past

Facing the problem means blaming yourself or others for the decisions you made in the past that brought you to this point. You don't trust yourself.

## Overwhelmed by the future

Fixing the problem feels overwhelming, like it will take too much time or energy and you can't do it. It's easier to ignore it altogether than try.

## Isolated with the fear

You feel too scared to admit your struggles or ask for help for fear of what people will say or because it means owning responsibility for both the problem and the solution.

## Facing the present

You can calmly see the big picture of your life and this puts the problem into manageable perspective.

## Forgiving the past

You forgive yourself for the decisions you made and realise you have grown as a person and are able to make new decisions. You trust yourself.

## Focusing the future

The problem feels clear and you can determine the steps toward change. You no longer fear the journey ahead and have a clear tool to help you.

## Empowered by your truth

Facing your present, forgiving your past and focusing on the future help you to connect to the people who will support you reaching toward a more truthful version of yourself.

# GET TO KNOW

## About Me

Hi, I'm Marianne Rosen,  
published author and certified  
journal coach.

After twenty five years in the  
interiors industry I recognised  
that I was unsatisfied with all my  
success and turned to a lifelong  
love of writing to begin a new  
career as a fiction author.



In 2022 my life was turned upside down by the suicide of my ex-partner and co-parent. I used journals to keep myself moving forward through the ensuing trauma to become a safe, strong and devoted single parent. Seeing their power for myself encouraged me to train as a wellbeing journal coach.

In a world that often feels chaotic and uncontrollable, I believe in the power of writing and rewriting our own story to keep ourselves authentic, whole and moving forward.

Alongside writing joyous and outrageous family-centred fiction, I publish a newsletter, journals and digital guides to help others find their own stories and rewrite their lives.

## COPYRIGHT

The Wheel of Emotional Resonance is a digital product copyrighted to Marianne Rosen  
2023.

This copyright statement includes the Wheel of Emotional Resonance, the Emotional  
Register and the Ten Segments of Whole Life Health.

You may not redistribute, resell or alter the content for commercial benefit.  
This product includes steps 1 - 3 of the Wheel of Emotional Resonance.

# THE FIRST 3 STEPS

You will begin by assessing your whole life satisfaction, using the three printable pages of this workbook.

## 01

### Prepare

Print off:



# 123

of the Workbook.

Lay these out next to each other.

You will need a pen or pencil and a highlighter.

Make sure you have a good hour or more alone and in peace.

The first time you do this will take longer.



## 02

### Assess

Read the first statement on Pg **1**

On Pg **2** find the **word** that most closely describes your emotion when you consider this part of your life. From this **word**, select the corresponding **number** on the register.

On Pg **3** mark the line on the Wheel with the number of your emotion in that segment.



## 03

### Score

Return to Pg **1** and repeat the process for all the other segments.

When you have completed all the segments, connect the different lines with your highlighter.

Fill in the shape that you have made from the centre out to your marked lines.

On Pg **3** add up the total score for your life.



# THE TEN SEGMENTS OF WHOLE LIFE HEALTH

## Mental

How do your mental processes shape your daily experiences? Reflect on your thoughts, judgments, inner voice and decision-making patterns.

## Intentional

Who are you as a person? What deliberate choices guide your actions? How do you feel about the alignment between your intentions and actions?

## Vocational

How do you feel about your job and career? How close are you to your goals? Consider the purpose, satisfaction, and value you derive from your work.

## Aspirational

What would be the ultimate dream for you? What is the thing you don't dare share with anyone else? How much is this a part of your life?

## Financial

How does money influence your sense of security and freedom? Think about your relationship with wealth, debt, spending, pensions and saving.

## Relational

How do your primary relations to other people make you feel? Consider 'relations' as ANY of: friends, relatives, partners, children, colleagues.

## Sensual

How do you feel about sensuality, sexuality and intimacy? Your body, desires, boundaries and pleasure in intimate connection to others?

## Spiritual

What connects you to the profound? What incites awe in you? How do you feel reminded of your humanity and the magnitude of life beyond you?

## Environmental

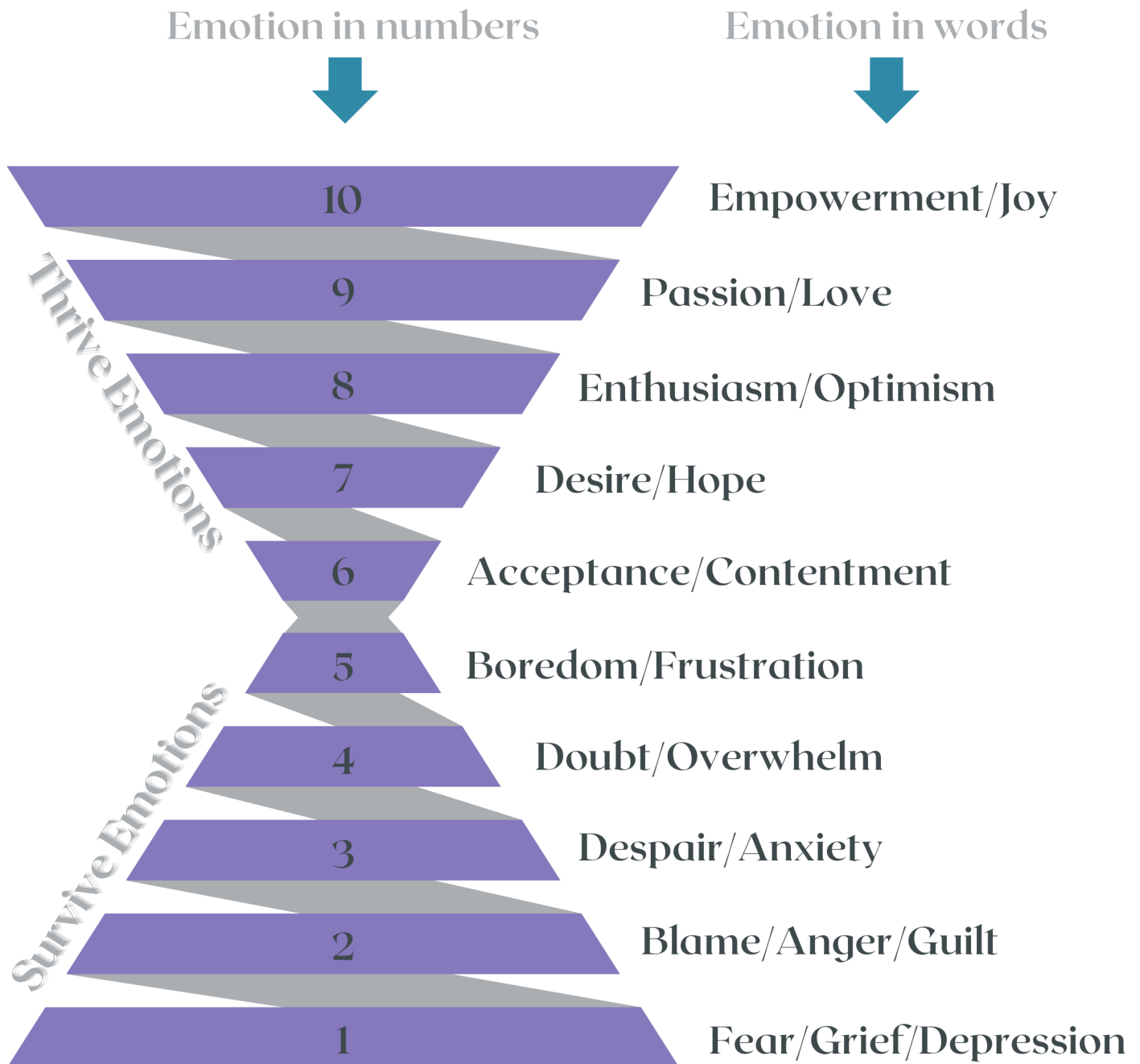
How does your environment impact your wellbeing? Consider your connection to internal and external spaces and the global environment.

## Physical

How does your physical health make you feel? Reflect on nutrition, activity, rest, age and wellness. Consider past experiences and future fears.

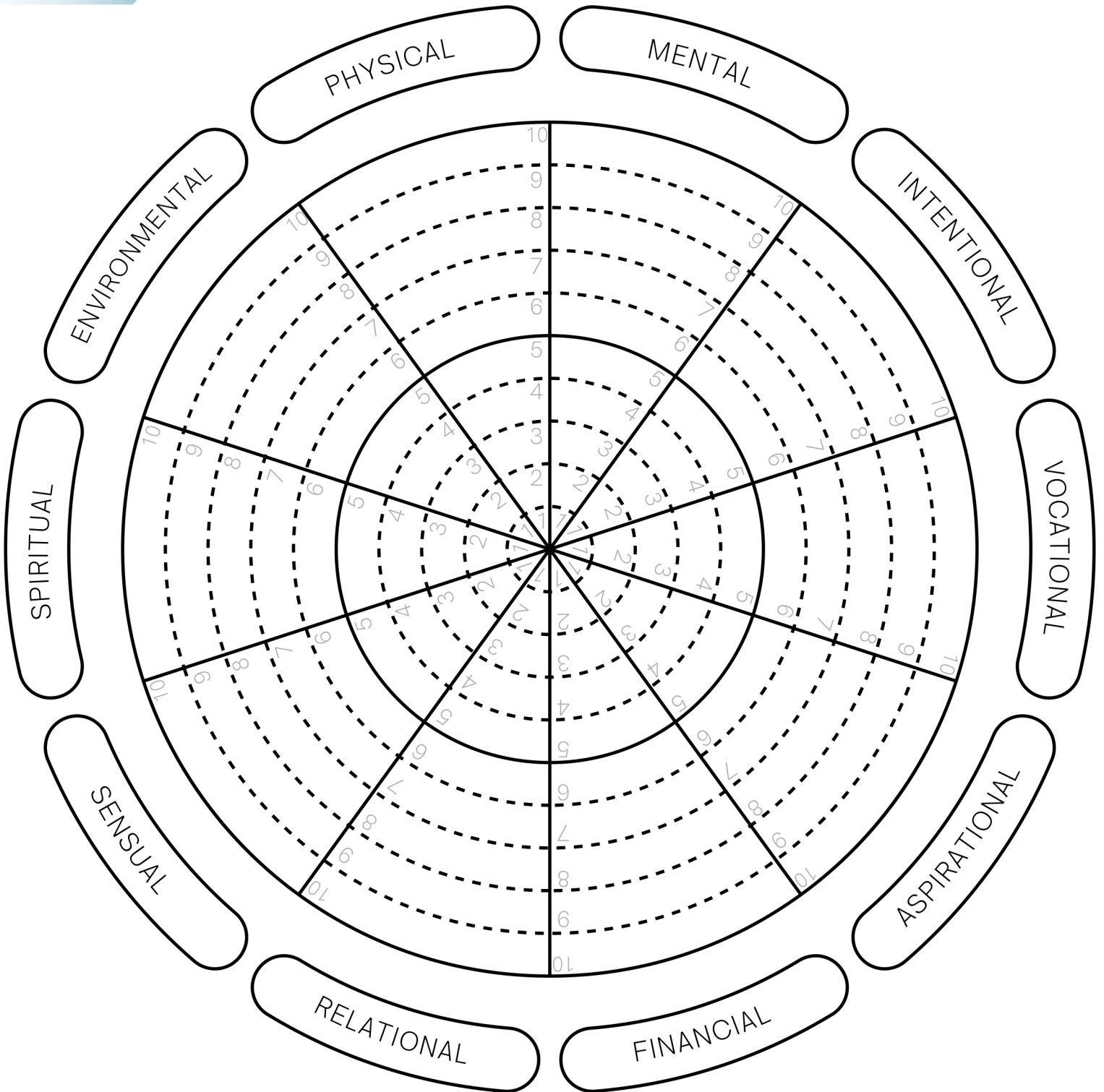


# THE EMOTIONAL REGISTER



The Emotional Register allows you to assign a number to your emotional state with which to fill in the Wheel of Emotional Resonance. As you consider the prompts for each segment of your Whole Life Health, tune into the **emotion in words** which best describe your feeling in this area of your life. That gives you the **emotion in numbers** to use to fill in the segment on the Wheel (eg, Doubt/Overwhelm is a 4). If you feel stuck between two levels, then choose the lower level.

# THE WHEEL OF EMOTIONAL RESONANCE



Add up the score from each segment to give yourself a total % score for your whole life heath. The total available is 100

**SCORE** \_\_\_\_\_ %





# CHOOSE YOUR NEXT STEP...



*This*

or

*That*



See the problem as insurmountable

See the problem in perspective



Feel overwhelmed by the truth

Feel relieved by the clarity you've found



Feel as though you have no way forward

Are curious about discovering a way forward



Put this workbook away and try to forget what it showed you

Come back to this workbook to digest what it shows you



Refuse to own the long road that has brought you to this point

Recognise that not all parts of your life get equal attention



Feel hopeless that you can ever fix the problem

Feel relieved that you can rebalance neglected areas



Decide this system doesn't suit you because it will take too long or is too tedious.

Feel excited about how a gentle daily system of reconnection can actually build real life change



Did you pick more of *This*?

Time to keep digesting your thoughts. You're not ready for change yet or don't feel connected to this system. Keep looking for something else.

Did you pick more of *That*?

Time to move toward real change and discover a daily system to keep you on course and evolving toward a happier self. Keep reading.

# WHAT NEXT?

## About You

Now that you have done the Wheel, can see the shape of your whole life health, and know the overall score of your current position, what next?

- 1) Compare your score to the emotional register, how does your overall score relate to an emotion?
- 2) Does this feel authentic to your own perception of your whole life health?
- 3) Can you see a way in which survival emotions in one segment of your life are impacting your overall score?
- 4) Is there an area that surprised you?

Knowledge is only the starting point.

Now you have to decide what to do with that knowledge.

The next nine steps of the Wheel of Emotional Resonance will show you:

How to choose the path forward.

How to convert that choice into goals and action lanes.

How to build journal habits that support steady, persistent progress.

How to measure the success of your actions.

The full product, available for £19, is coming out in January 2024.

You can access it at [www.mariannrosen.com/store](http://www.mariannrosen.com/store)



[www.mariannrosen.com](http://www.mariannrosen.com)



@mariannrosen.author