



- +5= Transformational shift in my life like winning the lottery
- +4= Dramatic improvement that creates notable success at work and home
- +3= Successful gain that brings me praise and appreciation from others
- +2= Success that is short lived but enjoyable
- +1= Creates a good feeling but not much beyond it
  
- 1= Minor setback, does not affect me much
- 2= Problematic event, but easily managed within my immediate world
- 3= A public setback, one that impacts my reputation
- 4= A major defeat in an area that I have devoted much energy
- 5= Major blow to finances, reputation or health.