

MEMORY/INQUIRY JOURNALING STEPS

1. Create a gentle and safe space for yourself whenever possible
i.e. light a candle, put on some relaxing music and make a request not to be interrupted (as best possible!)

If you are journaling on the bus and you have an ipod or mp3 player, choose relaxing/soothing music and sit at the back of the bus to create a "space" just for you whenever possible.

2. Start your journaling with a gratitude entry - write about one thing you were grateful for that day so far, or from the previous day.
i.e. "I am grateful for...."

3. Memory & Inquiry Journaling: think about a time in your life when you decided something was "wrong" or considered something to be a "failure."
Write out the details WITHOUT editing - who was there, what happened.

4. Now go back read it over - identify a) what you were feeling; b) what you thought/said to yourself at the time; c) what did you believe about yourself/other person/the world.

5. Ask yourself for each entry: Is that true now? What else could be possible? What's another belief/view I could have that would feel more truthful now? What could that new view/belief make possible for me/my family/the world?

6. To complete the exercise, declare the new belief by writing it out as a current view and ONE action step or a way of being that will strengthen that new belief.

i.e. "I am worthy or I am loveable. "I choose to receive love and love others unconditionally." or "I choose to be patient and breath calmly and powerfully in any situation."