



Who Am I, Really?

The "Answers" are within you.

Guided J  urney by Journal

7 Subjects—11 weeks

Who Am I, Really?
Guided Journey by Journal

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A special thanks to
family,
friends
and inspiration
for the support in
creating this
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Thank **YOU**
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YOU MATTER!

Who Am I, Really?

Guided Journey by Journal

Thank you for choosing to *Journey by Journal*, 11 weeks of self-investigation strengthening greater awareness and enhancing personal development.

What is the purpose of Journey by Journal?

Journey by Journal's purpose is to create a platform to allow for easier access to further communication skills. Communication is essential in order to get to know, understand, love and relate better with others and especially with the most important person in this world....you! Communication is something we learn, and by using the "*Who Am I, Really? Guided Journey by Journal*" we are able to learn a form of self-communication that influences our lives and the lives of those around us.

In my experience, 11 weeks of journaling enables and promotes the habit of awareness. Specifically the awareness of unconscious habitual patterns, bringing them to consciousness where they can be discovered, examined, transformed and developed. Journaling with the "*Who Am I, Really?*" *Guided Journey by Journal* creates and enhances outer and inner-knowledge, inner-love/self-love. It is a self-support system that motivates and inspires by generating more positive and wanted "habit loops" namely balancing and establishing the

Emotions, Actions/behaviors and Thoughts (E.A.T.s** for short)** that can guide you to the life you consciously want to create for yourself. I have discovered that the clearest and most direct line to inner wisdom and peace, as of date, is journaling.

This *Guided Journey by Journal* was created with the belief that human beings should strive to live in harmony with themselves, others, nature; in other words, to live in harmony with the entire Universe. Discovering “who we really are” generates awareness of the spectrum of beliefs, values, **Emotions, Actions/behaviors and Thoughts (**E.A.T.s**)** that exist within us and by observing them we can then choose to create the **E.A.T.s** that will enable us to live a harmonious life. This process begins, first and foremost, in learning to love who we are at this very moment without conditions. Unconditional love is love without self-flagellation, judgement and/or criticism. It is a love that creates compassion and kindness to our unique selves, just as we are, right now in this moment. There is only one you and there will never be another like you, ever.

By applying unconditional love we are able to observe and investigate the people, places, things, events, etc. that influence and affect our lives at this very moment and by doing so we allow for the discovery of many **Emotions/feelings, Actions/behaviors, Thoughts**, beliefs and values that envelop our personality and our essence as human beings, especially those that we are not aware of. Journaling brings them to our attention, to our consciousness, to our awareness. Awareness of our **Emotions, Actions and Thoughts** enables us to use our free will, our gift to choose, to transform and create the life we want to live!

Many of us are generally quick in remembering our problems, shortcomings, weaknesses and slow if not stagnant in remembrance of our accomplishments, gifts, and strengths. Most of us have a tendency to become

judgmental and critical of ourselves therefore not applying the rules of unconditional self-love which are the opposite of self-judgement and self-criticism. Unconditional self-love is loving yourself just as you are, learning about, forgiving and accepting yourself while evolving and transforming. The ability to do this for yourself and with yourself reflects outwards to your surroundings, granting you access to be more able to love, learn from, forgive and accept the people, places, things, events, etc. that supported, support and will support you in the creation of who you are in and throughout your life time.

When you can honesty and truly love yourself in any situation, you are more able to share “*that love*” with others. Possessing self-love is the basis of all love.

Many of our **E**motions, **A**ctions/behaviors and **T**houghts (**E.A.T.s**) are formed through habit, therefore this *Journey by Journal* is based on a repetitive, habitual, question/answer format to be exercised for the duration of 11 weeks, which is approximately the time it takes for a habit to form according to research. (Reference: http://www.huffingtonpost.com/james-clear/forming-new-habits_b_5104807.html) On average, it takes 66 days for a new behavior to become automatic, *Journey by Journal* is set up to establish positive, congruent **E**motions, **A**ctions/behaviors and **T**houghts (**E.A.T.s**) in 77 days.

Human beings are habitual creatures, every person has developed his or her own personal habits in order to construct and create their lives. We may not always notice the things that we do on a regular basis, habitually. Self-awareness provides for the realization of the beliefs and values, the source our habits, that exist within each individual. Our beliefs and our values are the basis for every **E**motion we feel, **A**ction we act upon or **T**hought we think. By discovering habitual **E**motions, **A**ctions/behaviors and **T**houghts through journaling we

open a passage way to the investigation, examination and development/ transformation of these very habits to habits that we consciously choose for our lives.

What are the benefits of journaling?

According to the Merriam-Webster Dictionary, a habit is, "a behavior pattern acquired by frequent repetition or physiologic exposure that shows itself in regularity or increased facility of performance." Along with habitual behavioral patterns, we also possess habitual emotional and thought patterns. The author, *Charles Duhigg* conveys in his book "*The Power of Habit*" that "*habits are not born, but created, every bad, good or insignificant habit starts with a psychological pattern called a 'habit loop'.*"

Research has also proven that constructive writing, such as journal writing, can be used as a tool for healing the Body and Soul:Mind. Writing helps to improve the immune system, while daily writing habits have been shown to improve the ability to manage and organize time. Studies have also shown that the emotional release from **journaling lowers anxiety, stress, and depression and induces better sleep.**

<https://www.psychologytoday.com/blog/prefrontal-nudity/201211/the-grateful-brain>

Journaling daily can release "build-up" incurred by our **E**motions/feelings, **A**ctions/behaviors and **T**houghts by discovering what it is you want to "change"/transform in the first place, by becoming aware of, acknowledging and communicating with yourself you enable the creation of a safe loving haven in which to transform your life. I have learned to accept what I possess the "good and the bad" and transform it to suite the life I want to create for myself, with the belief that everything in life happens and **is** for a reason. When you create a transformation from within; well established, deep-rooted "change" is inevitable.

[Note: I prefer to call this process a transformation instead of change because I have learned (through journaling) that when I made changes in the past, the same thing I was trying to "change" would return to me in some way or another]

Transformation or lasting "change" is based on the habitual investigation, discovery, examination and development of your current **E**motions, **A**ctions and **T**houghts and by doing so you create access enabling the transformation of your belief and value system, the source of your **E.A.T.s**.

Keeping a journal supports us in the journey of awareness revealing who we really are by becoming aware of our **E**motions/feelings, **A**ctions/behaviors and **T**houghts and with that knowledge we are then able to choose to strengthen and/or transform emotional patterns, behavioral patterns and thought patterns that will support us in the conscious creation of our lives.

The search for the "answers" to the question "Who Am I, Really?" by way of journaling has led me to a more meaningful and happier life. The journey "within" by journaling began when I decided to face my fears and muster up the courage to **communicate with myself**. In order to receive the answer to any question you must first ask the question and then courageously search and investigate to discover the answers.

Using a notebook and a pen, I began to ask myself questions and then answer them in detail saving the pages, the "answers". These pages, the "answers", are used as evidence, as tools for self-reflection, self-discovery, self-examination and self-development. The 7 questions you will find later in this journal are a compilation of those questions I asked and ask myself on a daily basis, forming habits that immensely influenced and influence my life and the lives of others for the better.

Discovering “who we really are” is as simple as observing ourselves in this moment, observing our habits that are readily discoverable through our **E**motions, **A**ctions/behaviors and **T**houghts (**E.A.T.s**), and in doing so we can choose to create and transform our perception of our past, present and our future. Observation, consciousness and awareness are all linked and an important part of the development process, revealing knowledge of our perceived reality and then learning from and developing that knowledge to create the habits and patterns of **E**motions, **A**ctions and **T**houghts that are wanted in our lives. Constructive journaling optimizes this process.

I find that my hopes, dreams, inner strengths and motivation to love and transform myself are perceivable through journaling. My hopes have allowed me to access my inner will-power which supports and promotes my free will, my freedom of choice, to transform. The moment I discovered free will is the moment I began my journey into self-reflection, self-awareness, transformation and self-communication. Free will is a gift that we all possess, it is enabling you to choose to read these words right now, and by becoming aware of and using this gift, you have the power to create and transform yourself—your life.

What prompted the creation of “Who Am I, Really?” Guided Journey by Journal?

As mentioned earlier, I believe that our greatest purpose in life is to live with an inner-harmony; harmony with our **Environment—Body—Soul:Mind—Spirit.** Which entails learning from who we are at this very moment and accepting ourselves without self-flagellation, to **love ourselves... unconditionally.**

For years I felt “stuck” in life, blocked, that feeling of emptiness—going nowhere, reliving each day about the same as the one before it. I surrendered my time, my attention, pretty much all I had to give—to others, family members, friends, strangers... Let me make myself clear,

giving of your time and energy to others is a wonderful thing, but when you are giving to everyone except yourself at some point in your life you will feel its impact. When your inner self is not stable, secure, balanced, in harmony it is only a matter of time before you become aware of it somehow. Speaking from personal experience, my pain was physical and mental. I have learnt that pain is what happens as a repercussion of self-neglect/self-punishment. It never occurred to me to treat myself as I treated others, to communicate with myself, to love myself... I mostly judged and criticized myself. I realize now that during those years I lacked positive self-communication, self-awareness, self-importance—self-love.

Observing my life from the prospective of a bi-stander, it seemed as if it were “storybook”. I am very grateful to be the wife of a successful businessman and mother of four amazing children but for years I would wake up morning after morning after a full 8 (or more) hour night sleep, drained of energy, thinking that the best years of my life where over, feeling old and worn out. Many thoughts echoed through my head, thoughts of how I had wasted my life and how I wasn’t “good” enough, not worthy enough and it was the influences of these thoughts and feelings that prompted my actions/behavior of absolutely no motivation or inspiration to get out of bed and start the day. Those days life seemed more like a chore rather than a gift. I love my family and friends and that is the reason I did eventually get out of bed and start the day, doing for others, but I also knew that this was not really living. Something wasn’t right and for years I sought out help from professionals (teachers, practitioners, therapists...) from various fields with hope to receive the “answers” to my questions.

What is true happiness?

Why am I not happy?

I have all that I ever dreamed of, I volunteer, I give of myself, what is missing?

The “answers” that I received were pretty much the same; most of these professionals said “the answers come from within you” and this was most definitely not the “answer” I wanted to hear at the time. For many years, I could not comprehend what they were saying or what they meant. These professionals left me even more confused and when I thought of the time and money I had spent only to receive roughly the same “answer”, I became frustrated and even infuriated. I was exhausted and at times so was my bank account. During these same years I did not have the strength or energy for a self-investigation, I desperately wanted someone to tell me what to do and how to do it. I wanted to feel alive—worthy of living my life. After years of session after session with no apparent “answer”, I decided to study alternative therapies in hopes to find “the answers that come from within me”.

Today, I realize that my biggest obstacle at the time was the fear of what I might discover hiding deep within me. I believed that my time and energy was only sufficient to take care of mandatory tasks, to be used for family, work and studies. I feared that if I were to search within I would definitely lose control, fall apart, collapse and would not be able to function at all. What would I find out? Could I handle it? What would happen with my family? And if that wasn’t enough of a reason not to investigate....where would I find the time? I didn’t know how to “self-investigate—search within” anyway and I convinced myself that all was well—that’s life, just carry on.

I carried on alright, I carried on with the same **E**motions, **A**ctions/behaviors and **T**houghts for years, forcing a smile on my face, hiding my feelings and thoughts from everyone and worst of all, from myself. I realize now, I was full of blame, guilt, feeling sorry for myself, telling myself again and again that I was not worthy, that I wasn’t courageous or strong enough and that I couldn’t handle it and thinking that life was a hopeless cause. The only way I could turn my life around was to face these very same **E**motions, **A**ctions and **T**houghts (**E.A.T.s**)

that had gotten me there in the first place and had dominated me. But how?

Self-communication through journaling in the *"Who Am I, Really?" Guided Journey by Journal* provides for the awareness of specific **E**motions, **A**ctions and **T**houghts that grant access to reveal and discover the information needed preempting their examination and development. These are fundamental steps in the transformation process. Transforming the specific **E.A.T.**s that were "not working for me in my life" into **E**motions, **A**ctions and **T**houghts that I so desperately needed and wanted to bestow within me, specifically the **E.A.T.**s of hope, joy, peace and love. Recording my **E**motions, **A**ctions and **T**houghts on paper opened a pathway for the discovery of myself and that is when I finally realized "how" and discovered the "answers" to all the questions I had asked so many professionals for years. Sheer will power for a happier, loving and more fulfilled life enabled me to find the courage to face my fears and connect with the hope and love inside me to investigate myself through self-communication, journaling, and ultimately transform my life.

My personal journal liberates me, it allows an internal-dialogue with an external paper trail. In other words, it is a facilitator of self-communication and self-awareness, it allows me to acknowledge who I really am, to simply be...me. Communicating with myself in writing has provided a way for me to get to know myself, by investigating, studying and researching... *me*. It is the support that grants insight into my **E**motions, **A**ctions and **T**houghts (**E.A.T.**s), in order for me to become aware of them and how they affect me and others. This form of introspection led me to the discovery of goals, dreams, ambitions and also challenges in my life. The moment I discovered my will power, free will, is the moment I began to journey into self-reflection, self-awareness, self-communication and transformation. Our freedom of choice, will power/free will, is a gift that we all possess it is enabling you to choose to read these words right now,

and by becoming aware of and using your gift to choose, you have the power to transform yourself—your life.

Life is all about learning and developing from the people, place, things and events that occur for us in and throughout our lives, with the belief that everything happens for a reason and life does not happen “to” us, but with the belief that life happens **for** us, **for** us to learn, grow and develop. Every person, place, thing...in our lives was, is and will be **for a reason**.

I choose to use my power to choose, my free will, searching and discovering the positive, not the negative, from every person, place, thing, event, etc. that happened, happens and will happen **for me** in my life, and this has made all the difference.

How can journaling “change”/transform the way we perceive our reality?

Simply by observing ourselves, our **E.A.T.s**, beliefs and values are transformed and it is in this way we consciously shape our reality. The self-awareness/self-knowledge gained by journaling on a regular daily basis can be used as a guide to create and transform patterns of **E**motions, **A**ctions/behaviors and **T**houghts in order to open up new possibilities, shift our direction, and it can happen simply by observing ourselves, and observing how we influence and are influenced by others and the world around us.

Quantum Mechanics proves this phenomenon in a research article published by the Weizmann Institute of Science entitled “Quantum Theory Demonstrated: Observation Affects Reality” it is written, “One of the most bizarre premises of quantum theory, which has long fascinated philosophers and physicists alike, states that by the very act of watching, the observer affects the observed reality.”

Reference: <https://www.sciencedaily.com/releases/1998/02/980227055013.htm>

Journaling with “Who Am I, Really?” The Guided Journey by Journal provides a platform for communication with and observation of self, therefore consciously affecting, influencing, creating and transforming your reality. In other words, choosing to create our reality by applying quantum theory to our own lives—observing ourselves while answering the question “Who am I, Really?”, we may indeed affect, influence, transform and create our reality.

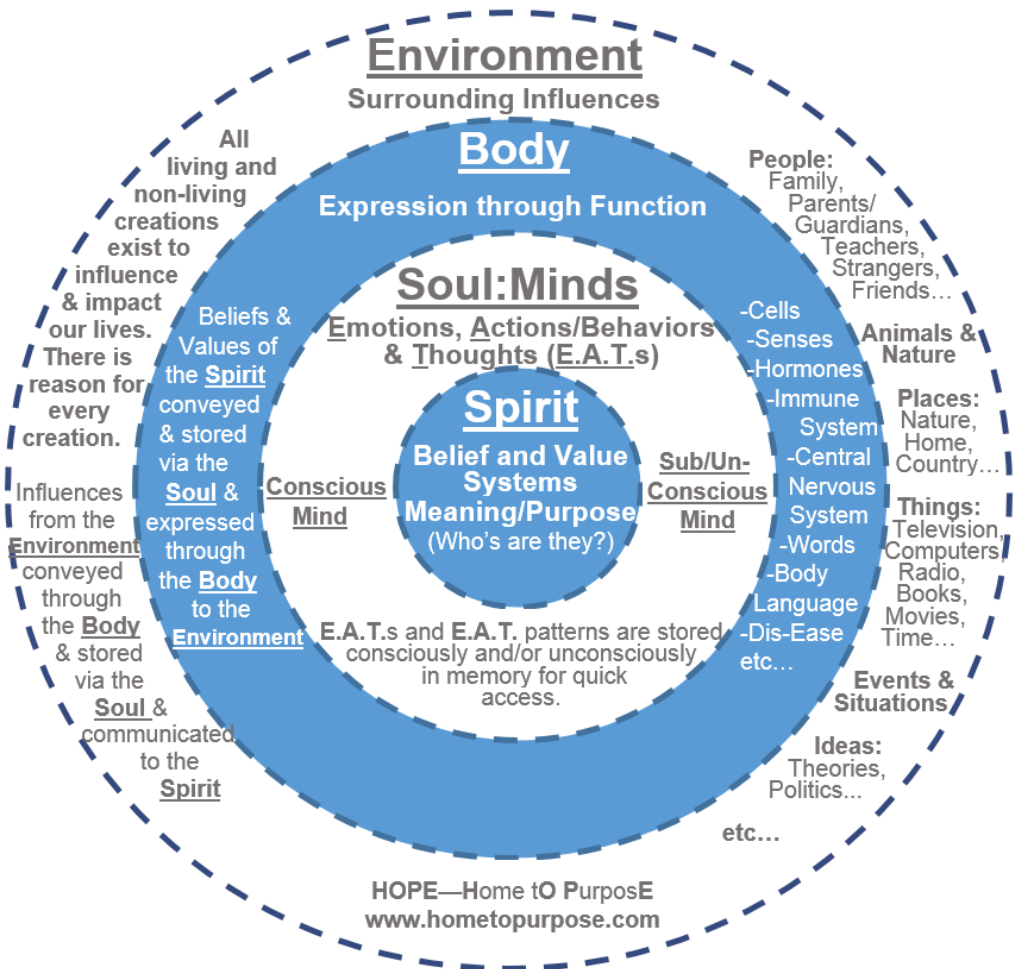
Life is truly as easy, and as difficult, as you create it, and you and you alone create the way **you** live **your** life... it's your reality!

What are you creating in your life?
Are you creating your reality consciously or
unconsciously?

Who are we?

Diagram 1

Environment—Body—Soul:Minds—Spirit



Our **Environment—Body—Soul:Minds—Spirit** are connected, each entity influencing and affecting the other. By investigating and examining the diagram above layer by layer we allow for more awareness and understanding of who we are and how we are created to grow and development.

Our Environment

Our **Environment**, our surroundings, is made up of all the living and non-living matter such as the people, places, things, ideas, events, situations etc. that influences our lives.

Our Body

Anatomy and Physiology of the **Body** makes evident the fact that our bodies are made up of cells, scientists have discovered that humans are composed of more than 30 trillion cells that are busy at work for us 24/7.

Reference:<http://www.medicalnewstoday.com/articles/318342.php>

Research has taught us that the functioning of most cells of which make up our body, for example our organs, tissues, blood, muscles, etc... occur from specific orders from the Central Nervous System (*control center and storage of information*) located in the brain and spinal cord and most of the time, we are unaware of the actions that occur, that is, they happen through our unconscious mind, they are involuntary actions.

Reference:<https://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0072574/>

Human beings begin the journey of life from two cells, one from an ovary and one from a sperm. These cells meet and unite to create one cell—you. This particular cell has multiplied and multiplied and multiplied...creating your nervous system, muscles, organs..., such as the heart, brain, lungs, bones, etc... in short, your entire **Body**. We humans also possess the ability to use our bodily senses such as sight, hearing, smell, taste, or touch, by which we perceive stimuli originating from outside or inside the **Body**. Senses act as a communication barrier between the **Body** and its surroundings, its **Environment**.

Our Soul:Minds; Conscious and Unconscious Minds; Emotions, Actions/behaviors and Thoughts (E.A.T.s)

It is our **Soul:Minds** (**conscious and unconscious Minds**) that prompts us to breathe, pump our hearts, regulate blood flow, controls our body temperature and so much more. These actions are involuntary and thank goodness for that because if it were left up to us, voluntarily/consciously, when and how could we ever rest... sleep for that matter, remember to breathe, regulate our own body temperature? Just as we possess these involuntary actions we also possess voluntary actions, actions of choice. For instance choosing to hold our breath, raise our heart rate and blood pressure by exercising, etc...

Our **Soul:Minds** act as a communication barrier between our **Environment**, our **Bodies** and our **Spirit** it maintains, secures and protects the **beliefs and values** created, transformed and stored within the **Spirit**. It does this by storing relative **Emotions, Actions/behaviors and Thoughts (**E.A.T.s**) in our **conscious and unconscious minds** that can quickly and promptly be accessed in order to relay, safeguard/protect, transform and create new **beliefs and values systems** that are stored within our **Spirits**. Have you ever felt angry or frustrated because someone said or did something that was against your beliefs or values? Have you ever felt happy and/or more confident when someone said or did something that was in line with your beliefs and values?**

The **Emotions, Actions and Thoughts** that you feel, act upon and think are the very evidence you can use to discover and understand the **beliefs and values** that have been created and stored in your **Spirit**, who you are—at your core. If you feel or think that life is *not* working for you...you are in luck because you can most definitely transform yourself at your core, transform your beliefs and values by first knowing and understanding

how and from where they were developed and with that knowledge you are then able to transform them to the beliefs and values you choose for your life. Remember Quantum Mechanics—what is observed “changes”/transforms.

Our Spirit

Our **Spirits** are where our **beliefs and value systems, meaning and purpose** are created, stored, developed and transformed. This is the place, deep within us, at our core that communicates and radiates outward through the **E**motions, **A**ctions/behaviors and **T**houghts stored in our **Soul:Minds** to be expressed through our **Bodies** where our senses and other bodily functions support us in the awareness of who we are and the awareness of our **Environment**/surroundings and vice versa.

The **belief and value system** of our **Spirit** communicates with the **Soul:Minds** where patterns of our **E**motions, **A**ctions/behaviors and **T**houghts (**E.A.T.s**) are stored and then are expressed via our physical and mental **Bodies** to our **Environment**/surroundings. Our physical and mental **Bodies** express the **Spirit** in many ways, through language; the words we choose to use and the way we choose to use them, our posture, our physical and mental health; our Immune System, Hormones... Our **Body**, our cells, via our senses and other bodily functions, act as an interface between the **E.A.T.s** that are stored in our **Soul:Minds**, our **beliefs and values** stored in our **Spirit** and our **Environment**/surroundings and vice versa.

This system works both ways from the inside out and from the outside in as follows:

The **Environment—Body—Soul:Minds—Spirit** are connected through voluntarily and involuntarily influences throughout our lives just as the cells that compose our bodies and the functioning of our bodies.

In Summary (Reference Diagram 1):

Spirit—Soul:Minds—Body—Environment Connection

Our **Spirit** communicates information, our **beliefs and values**, that have been learned and stored as **Emotional, Action/behavioral and Thought patterns** in our **Soul:Minds** (**conscious and unconscious minds**) that will be performed and relayed through our **Body** at any given time, all working together in unison, voluntarily and involuntarily in order to express who we are to ourselves and to our surroundings, our **Environment** and vice versa.

Environment—Body—Soul:Minds—Spirit Connection

Influences from the **Environment** (the people, places, things, events, situations...) that affect our lives through human senses and expressions of the **Body** that is home to the **Soul:Minds** (consisting of the **conscious** and the **unconscious Minds**) of which pertinent information is stored to memory through **E.A.T.s** to influence, create, transform, and strengthen the **belief and value systems** of the **Spirit**, where each individuals **meaning and purpose** in life can be discovered. (see Diagram 1)

You are your **Body—Soul:Minds—Spirit**, which are dynamic and influenced by your **Environment/surroundings**. Creating awareness, support and expression to “Who you really are”, all of which you are made up of, is crucial in the process of leading a balanced life.

Some examples that may support the creation of a more balanced life are as follows:

Leading a healthy life-style—exercise, healthy eating habits, quality sleep, meditation, etc.

Creativity/Entertainment—adventure, hobbies, art, dancing, laughter, amusement, self-communication/dialogue, constructive writing, expanding

personal knowledge, imagination, setting aside time for self, etc.

Self-investigation/ Personal Development—self-discovery: books, courses, studies, self-consciousness/self-awareness, ect.

Forgiveness allowing ourselves to forgive by learning and developing from the people, places, things, situations... that influence our lives, **for a reason**. The ability to forgive allows for true gratefulness.

Gratitude—learning to be grateful for **all** that you are; grateful for life's lessons, grateful for **all** that you have received, etc.

How can understanding the concept of will power and the power to choose support life transformations?

Many people have come to believe that their “power of choice” has been taken away from them. They believe that certain people, places, things, events, etc. in their lives were chosen for them and they had no choice in the matter. These same people have habitually chosen consciously and/or unconsciously to relive and remember the “bad, wrong, worst, pain” that has happened in their lives. With time this habit has become encrypted, stored, in the **belief and value system** of their **Spirit**. I have yet to meet a person whose life has gone unscathed by people, places, things, events, etc. in and throughout their lives. Life happens... Life happens **for us** and every part of our lives is important and required in order to support growth, will power/free will and ultimately allow us to transform and create ourselves as we choose.

The choice lies in how you have come to **E**motion/feel, **A**ct/behave and **T**hink about those very same people, places, things, events, etc. that influenced and influence your life. You and only you are able to choose your

Emotions, Actions/behaviors and Thoughts no matter what and how you have been taught through your Environment/ surroundings.

What has happened in the past is history and from history we can only learn, by using sheer inner will power to become a better you from what has happened for you. A person that you are happy to be with and love without conditions is indeed your choice. Things happened, happen and will happen in our lives, it's another one of those unexplained phenomenon's, searching deep within yourself to surface the good that comes from every person, every place, every event, everything...that happens for you in life is the key to leading a free, hopeful, peaceful, joyful and loving life.

We are living in a good Universe and every moment brings with it the ability to look for and discover the good that comes from our lives in its entirety. Alternatively we may confine ourselves to a down laden perception of life. The final call is yours, life is your choice, your creation, however you decide to live it...**it's your life.**

Gravity how is it involved and how does gravity pull it all together?

Gravity is yet another natural phenomenon by which all things with mass are brought toward (or gravitate toward) one another, including planets, stars and galaxies, and other physical objects, Reference: <https://en.wikipedia.org/wiki/Gravity>

... and our **Spirits** act in much the same manner.

Our **Spirits** communicate our **beliefs and values** to our surroundings and act as a magnet and a compass gravitating and guiding us toward the people, places, things, events... that are compatible. Gravity acts as a magnet just as our **Spirit** acts as a magnet, drawing toward us that which we believe and value and have stored within our **Spirits**.

Our **Bodies**, our surroundings, our **E.A.T.s** are an important part of answering the “Who am I?” question, they give us a vantage point in which to discover “who we really are” and to be able to become aware of and acknowledge the beliefs, values, **E**motions, **A**ctions and **T**hought patterns that have been and are being communicated and stored deep within us, at our core, in our **Spirits**. Bodily cells hold dear the beliefs and values that are created at the core, within the **Spirit**.

The journey of knowing yourself, the discovery of who you really are, begins with one step—stepping into self-awareness. When you become aware of yourself, your beliefs and your values and that they are communicated to and through **E**motions, **A**ctions and **T**houghts (**E.A.T.s**) through your **B**ody, you are able to consciously create and choose the way of life you **want** to live, stepping out of the states of unconsciousness (automatic) and stepping into more states of consciousness (manual/choices, awareness). Self-awareness is learning and exploring what motivates you and what beliefs and values exist within you and it is essential in the discovery of “who you are”.

Consciously and unconsciously, we have been learning and developing all of our lives and we will continue to learn and develop for the rest of our lives in this same manner. These phenomenon’s happen whether we are aware of them or not, they are a part of life which can be revealed throughout our years as we age and grow. We learn and we store information in order to establish who we are and we use our life’s history and our personal “magnifying glass”, to understand and comprehend our surroundings/**Environment**, the outside world.

The **Spirit**, our source of meaning and purpose in life and home to our beliefs and values system, acts as a compass and a magnet guiding us to and drawing toward us the exact people, places, things, events, etc. that support the beliefs, values, **E**motions, **A**ctions and **T**houghts that

have been created in our **Spirit**. We are all on a common journey, we are all made up of cells that are living, multiplying and dying and we all influence one another for a reason, supporting each other in becoming aware of ourselves and our **Environment**/surroundings. We support each other in our journeys whether we are aware of it or not, you are surrounded by the exact people, places, things, ideas, events, etc. according to your beliefs and values stored, created, developed, transformed, and strengthened in your Spirit.

That's the beauty of life!

How can I truly know myself and become aware of the beliefs and values that are stored within my Spirit?

Becoming aware of and granting expression to all of the **E**motions, **A**ctions and **T**houghts that arise creates balance in life. After all, how would you know what happiness truly is if you never experienced sadness, or without sorrow how could you truly experience joy, without actions, behaviors and words how could you fully express yourself and without thoughts who would you be? *Now, there's a thought.*

Beliefs and values are the core of every **E**motion we feel, **A**ction/behavior we act upon and every **T**hought we think, remember? Investigating to discover what, how, when, where and why you **E.A.T.** (**E**motion, **A**ct and **T**hink) the way **you** do allows for self-development through self-awareness using your **E.A.T.s** as guides to self-communication.

What is self-awareness and how can I improve it?

self-awareness (Merriam-Webster dictionary)

noun self-aware·ness

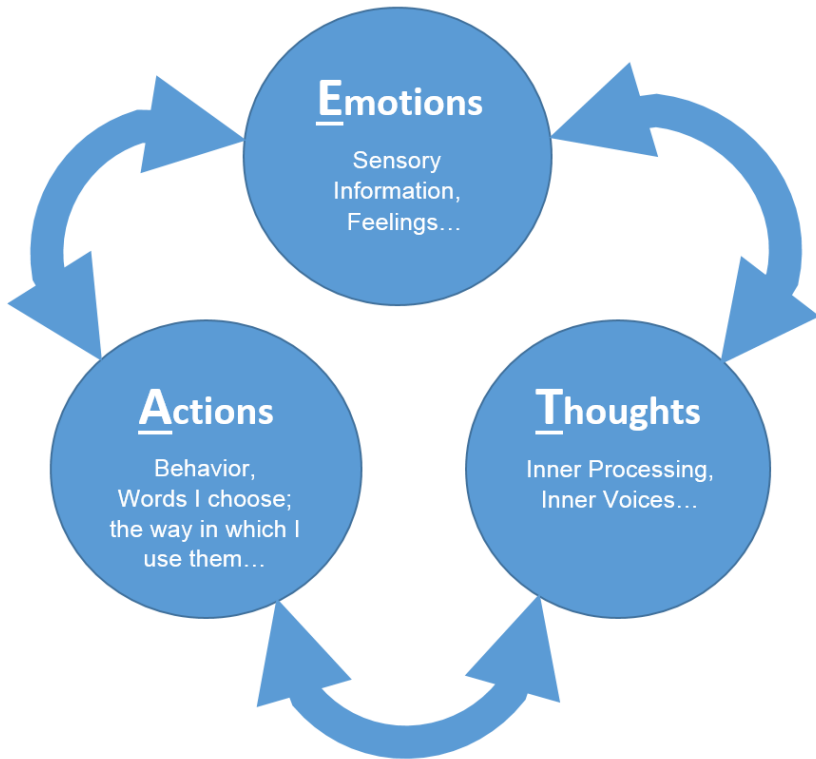
: knowledge and awareness of your own personality or character

By journaling, recording your **E**motions, **A**ctions and **T**houghts, you gather information that lead to greater self-awareness. The information is brought into your conscious mind and once there you become aware of it, it has left your unconscious mind. It is then and only then that you can discover, examine and develop yourself with the information you obtain from your own self-awareness. When you are unaware of your **E.A.T.s**, or unconscious of them, there is a great chance that you enter into an unwanted loop, or cycle, of **E**motions, **A**ctions and **T**houghts.

Today, I realize that this is where I was for many years, unconsciously caught up in the **E.A.T.** loop. Self-awareness support us in transforming that loop or cycle.

The key to life's transformation is acknowledging and understanding that **E**motions, **A**ctions and **T**houghts (**E.A.T.s**) are a combined process, recognizing that they are dynamic, that each one affects the other, and that their source of survival is created by your own free will (consciously or unconsciously) while influencing and feeding off each other.

Diagram 2:
E.A.T. Loop



How do my E.A.T.s influence me?

Our **E**motions, **A**ctions and **T**houghts are created by our beliefs and values, they influence each other and their results create our life, the reality of every human being.

- **E**motions are feelings that are felt in response to **A**ctions and **T**houghts created from our beliefs and values. **E**motions influence our **A**ctions and **T**hought processes.

For example, from childhood, most of us were taught to repress certain emotions even though the whole spectrum of emotions are empowering in our lives.

Hope—cannot exist without—Hopelessness,
Love—cannot exist without—Hatred,
Joy—cannot exist without—Anger,
Satisfaction—cannot exist without—Envy,
Courage—cannot exist without—Fear
and so on...

It is not possible for an emotion to exist within us without existence and knowledge of its opposite. An entire spectrum of emotions is essential to recognize and understand the power of each and every one conducive to living an emotionally balanced life.

- **A**ctions are behaviors, one way we act upon our beliefs and our values are with the words we choose to use and the way we choose to use them, in response to **T**houghts and **E**motions. Our **A**ctions/behaviors influence our **E**motional and **T**hought processes.
- **T**houghts are created by our beliefs and values and the internal processing of **A**ctions and **E**motions that are connected with them. **T**houghts influence **A**ctions and **E**motions.

Unconsciousness, unawareness, of our **E.A.T.**s, allows for a greater chance of “getting caught up” in a loop that recycles unwanted **E**motions, **A**ctions and **T**houghts. Self-awareness by investigation and discovery identifies **E**motions, **A**ctions/behaviors and **T**houghts and by doing so furthers their transformation/development and balance.

Have you identified who you really are?

Identify (Merriam-Webster dictionary)

verb iden·ti·fy \ī-'den-tə-'fī, ə-\

: to know and say who someone is or what something is

: to find out who someone is or what something is

: to show who someone is or what something is

True self-identity comes through your ability to

Investigate to

Discover and

Examine “who you really are” in order to

Develop into who you want to be,

using your **E**motions, **A**ctions and **T**houghts (**E.A.T.s**) as guides.

Have you **I**nvestigated to **D**iscover, **E**xamine and **D**evelop your **E**motions, **A**ctions and **T**houghts?

Have you **I.D.'E.D.** your **E.A.T.s**?

Investigation:

What is a self-investigation and how can I perform one?

A self-investigation or internal investigation is the discovery of personal information using your **E**motions, **A**ctions and **T**houghts as the evidence for examination ultimately revealing your true identity, sound familiar? Information/evidence is brought to consciousness/awareness and ultimately used in facilitating self-development and living an authentic life—the life you were born to live.

I have discovered an entity living inside me that I was not aware of, a factory of **E**motions, **A**ctions and **T**houghts that are produced whether I am aware of them or not.

Each one feeding off the other and at the core, the power source, of this factory dwells embedded beliefs and values and it is these same beliefs and values that motivate and

inspire my **E**motions, **A**ctions and **T**houghts in which are discoverable through investigation.

Journaling plays a major role in a self-investigation by logging your **E.A.T.s** in a journal, you are granted access to hidden information that can be used as evidence of the patterns in your life that are repetitive. Using this repetition as evidence for examination will help you to identify who you are and to develop yourself as you choose.

Example: For many years...I wasn't aware that I chose sorrow and anger as my 'go to' emotions. I felt an emotional sorrow and anger in my life, stemming from the way I grew up as a child and events that seemed to happen for no apparent reason... and that sorrow and anger led me to act and behave in a way that reflected emotions of sorrow and anger...I blamed others. I blamed my parents, my brothers, myself, my **Environment**—others. This action/behavior led me to the thoughts of – “if this is the meaning of life, it is not worth living, why is life so hard, why is this happening to me?”

Back then it didn't cross my mind to sit down with a pen and paper, to write these questions down and actually begin to answer them. I left the them open-ended, like statements rather than questions and this habit only re-enforced my **E**motions of sorrow, sadness, hopelessness, **A**ctions of sorrow—blaming, judging, criticizing others and **T**hinking that if this is the meaning of life, it is not worth living. Now I understand why I didn't want to get out of bed in the morning to relive it all over again.

For years this was happening and where was I? I was unconscious, I was not aware of it—caught up in a habitual **E.A.T.** loop, these **E.A.T.s** had been created and imprinted in my **Body-Soul:Minds-Spirit** through my **Environment/surroundings**.

I knew something was not right, I felt it. I didn't know what to do, so I continued my outward search for the “answers” spending more of my time and money in the

search for the person, place or thing (I bought a lot of clothes and shoes back then) that would release and free me. By ignoring and/or not discovering the source of my inner **E**motions, **A**ctions/behaviors and **T**houghts I unknowingly enabled the **E.A.T.** loop to repeat, feeding it and unconsciously letting it feed off itself over and over for most of my life (see **E.A.T.** diagram 2).

The most phenomenal thing about the **E.A.T.** process is that being *aware* (conscious) of it, or not being aware (unconscious) of it—it happens anyway. Awareness, examination and development is essential to create a conscious transformation, the life you **want** to live.

Conducting a self-investigation—an internal investigation through journaling, allows you to observe yourself, your **Environment** and brings awareness to your **E.A.T.** loop. That awareness allows you to transform any one or more of the loops components and by doing so you transform the entire loop. When you are aware of your **E.A.T.s** you can then examine them and choose to transform them and these are “**the answers**” from within. **Life is a choice** and it is just as simple or just as complicated as **you make it!**

Your life is created by you and the choices that you decide to make!

You are what you **E.A.T.** (**E**motion, **A**ct and **T**hink)!

How do I Discover, Examine and Develop my true identity?

discover (Merriam-Webster dictionary)

verb dis·cov·er \dis-'kə-vər\

: to see, find, or become aware of (something) for the first time

: to show the presence of (something hidden or difficult to see)

: to make (something) known

: to learn or find out (something surprising or unexpected)

Discovery is made possible through investigation. What is not sought after will go undiscovered.

In general, investigators inquire, observe and examine to gather information and develop their case, by applying these same strategies we are able to investigate to identify, observe and examine “who we really are” and develop ourselves. It is possible to **discover** your true identity by becoming a private investigator into your own personal, internal investigation of your **E**motions, **A**ctions and **T**houghts.

How do we acquaint ourselves with loved ones, friends, and people in general? We ask them questions, we observe them, we get interested in *them* and by observing and asking *them* questions we gather information, the lines of communication are opened and a relationship forms. Communication is created by expressing **E**motions, **A**ctions and **T**houghts, and it is through communication of our **E.A.T.**s that supports us to get to know, love and accept others and it is also supports us to get to know, love and accept ourselves.

Forming a relationship is based on communication, observation and examination, an internal investigation, journaling with Journey by Journal provides you with the tools and a platform to further self-communication for

discovery—awareness, examination and development of self. Once you have **discovered** a reoccurring **E**motion, **A**ction and/or **T**hought it can then be **examined** to enhance your personal development.

examine (Merriam-Webster dictionary)

transitive verb

- : to inspect closely
- : to test the condition of
- : to inquire into carefully : investigate
- : to interrogate closely
- : to test by questioning in order to determine progress, fitness, or knowledge

Examining and learning about your discovery, the reoccurring **E**motion, **A**ction or **T**hought, will lead you to the development of your true authentic self.

Many of the feelings, behaviors, beliefs and values that we possess today were developed, learned and encrypted to and into us by others. They were created by our parents/guardians, our teachers, our **Environment**/surroundings, and any persons, places, things, events and situations that influenced and influence our lives up until this very moment.

It is also important to remember that the very same people that influenced our lives were also catalysts and influenced. Many of their beliefs, values, **E**motions, **A**ctions/behaviors, **T**houghts, were created, developed, learned and encrypted by their parents/guardians, their teachers, their **Environment**/surroundings, the people, places, things, events and situations that influenced their lives up until that very moment.

Every generation influences and creates the next.

The purpose of this guided journal is to create awareness of the cycle that is formed from generation to generation and individually, and in this process discover who **you** really are.

I believe everything that happened, happens and will happen in my life was, is and will be *for* me.

Life doesn't happen *to* me, it happens ***for*** me to learn, discover, examine and develop. Simply changing the to to ***for***, or better yet, changing the *to for* ***for*** has dramatically transformed my perception of life and has paved the way for my personal development.

develop (Merriam-Webster dictionary)

transitive verb

: to cause (something) to grow or become bigger or more advanced

: to grow or become bigger or more advanced

: to create (something) over a period of time

The information that is discovered, can then be examined through investigating the **E**motions, **A**ctions and **T**houghts that exist within us and then processed in order to develop and transform our lives. This information brings with it awareness, and it is this awareness that leads us to our personal willpower in order to develop and transform. In other words, awareness of our **E.A.T.s** allows us to choose how we really want to live our lives.

Example: Once I thought that I was not able, not strong enough to investigate or communicate with myself, I thought that the communication, the search and discovery would take the little strength I had left to survive in life and it would destroy me. I was afraid what I would discover about myself, that I would totally lose it, and those thoughts influenced my actions, my behavior—I chose to stay in bed in the morning which in turn influenced my emotions and caused me to feel lifeless, like a robot going through the motions, useless, empty, fragile and strengthened the thought that I was not capable of investigating/searching for “who I was, really”, ...and for years I chose to allow this loop, this cycle, to repeat itself day after day. For years I thought that this was the only way to survive and I convinced

myself...that's life. I chose this loop because I didn't do anything about it, I was afraid. It was only after I became aware of my **E**motions, **A**ctions and **T**houghts that I could connect with the willpower and free will from within me to courageously choose a better life for myself! Today I know that the advice from the professionals were right, the "**answers**" to a life of hope, peace, joy and love truly do come from within.

Now, I have the tools to

Investigate and

Discover "*who I really am*"
and by

Examining my discoveries I am able to choose my
Emotions, **A**ctions and **T**houghts therefore

Developing myself, consciously, as I choose
all the while discovering the "**answers**" to the question...
"Who Am I, Really?".

Tools:

Unconditional Self-Love

Choosing to engage in self-compassion, forgiveness, and loving me for who I am right now, at this moment, without judgements.

Self-awareness

Have I **I.D.'E.D.** my **E.A.T.s**?

Have I **I.D.'E.D** (**I**nvestigated, **D**iscovered, **E**xamined, **D**eveloped) my **E.A.T.s** (**E**motions, **A**ctions and **T**houghts) with the knowledge of what has happened in the past, what is happening now and what will happen in the future are all **for** me to learn and development? Am I aware that my **E.A.T.s** are dynamic and each one feeds off the other?

Gratitude and Forgiveness

Harboring the knowledge that gratitude and forgiveness are connected and complement each other. In order to be truly grateful we must be able to forgive ourselves and others. Awareness of pure gratitude allows me to truly give thanks for every day and the lessons that they bring—**for** me to learn and develop, which in turn enables my ability to forgive.

Using these tools I create self-empathy, an awareness of what motivates me and allows me to know and love myself just as I am without self-flagellation but with unconditional love and understanding, forgiving myself and others. During my self-investigation I realized that many of my **E**motions, **A**ctions and **T**houghts stem from memories and patterns acquired from childhood. Today, as an adult, I know that I have the power of free will and will power and I can choose the life **I** want to live—with gratitude and forgiveness. Everything is for a reason.

What about fear?

Fear of the unknown still exists in my life, I meet fear in many different ways all the time, unexpectedly, in new goals or projects, etc. Fear is the reality of us all, I believe that it is an important part of life. Fear of the unknown exists and it must exist in any process, fear allows us to be courageous and to learn, grow and develop in our lives. I like to call this process the "Melody of Life", and by using "The Tools" one can create harmony within... the melody, with the knowledge that melodies consist of high tones, low tones, different rhythms, some notes are short and some are long. Today, I know that I am the composer of my melody, and I choose harmony!

If you are curious to know how I feel about my life and childhood today...I couldn't or wouldn't have it or want it any other way! I am who I am today because of every person, place, thing, event, etc. that influenced and influences my life to this day! Journaling has supported me to become more aware of and deeply grateful for all of my life lessons.

Everything really does happen **for** a reason!

I wish you an enlightened, wonderful journey surrounded and enveloped by your own unconditional self-love while investigating the most important question you could ever ask yourself in life..."**Who Am I, Really?**" and receiving the "**answers**" from within.

With Unconditional Love,

Jennifer A. Belinkis ☺

Frequently Asked Questions:

Are there any instructions to follow in using this Guided Journey by Journal?

You may find it helpful to close your eyes, and partake in a few deep breathing exercises. Closing the eyelids can benefit us in heightening all of our other senses, in doing so we can readily become more self-aware and by breathing, deeply and rhythmically, we gain access to a clearer mind and stronger focusing abilities.

At the end of each day before you begin to “Journey by Journal” and answer the 7 subjects under inquiry, you are invited to close your eyes and inhale slowly and deeply, filling your lungs and midriff area with air to the count of 7, then hold your breath to a count of 3 and exhale to a count of 7. Repeat this at least 3 times. After you have completed the breathing exercises observe in your minds eye your past day, from the moment you woke up to the very moments before you write in your journal. Remembering that everyone and everything that happened today was and is **for** a reason and with this knowledge you may simply allow yourself to observe—without judgement and/or criticism towards others or yourself. When you are ready, open your eyes feeling more relaxed, focused and ready to answer the 7 daily subjects under investigation.

If you would like to expand on a subject or subjects, feel free to do so on a separate sheet of “recycled” paper. 😊

Why is this Guided Journal 11 weeks?

As stated in the beginning of Journey by Journal, the Journal is based on a repetitive question/answer format and should be answered daily for the duration of 11 weeks, which is approximately the time it takes for a habit to form according to research.

What should I do if I miss a day or more?

During the 11 week period, I myself, felt too tired and had no energy to answer the questions on some nights, so I realize there may be obstacles. Habits are sometimes not as easy to form as you think but I ask you not to give up, keep the sequence day by day, as much as possible, and be aware of the obstacles it will be well worth your efforts.

If you discover that you haven't answered the questions on a day by day basis, forgive yourself, it is part of the process (write about it) and just pick up where you left off, all the while loving yourself unconditionally. The intention of this guided journal is to maintain continuity with flexibility, which allows for true self-expression.

What is the emotion list and what is its purpose?

On following pages you will discover a condensed list of emotions to guide you to the more precise emotion you are feeling and/or felt daily. The emotions list is included as a reference to guide and assist the expansion of emotional awareness, this list may be detached and used as a page marker within your "*Journey by Journal*", for quick access and daily use.

What is the "I Declare..." affirmation?

Following you will also find the "I Declare..." affirmation agreement page, which is a written declaration of your promise to yourself. Please read, fill in the blanks and after you have signed it, read the "I Declare..." affirmation **aloud** to yourself again. If you cannot be honest with yourself, who can you be honest with?

What is "This Week's Melody" and the "Goal Setter"?

At the end of each week, you will discover "This Week's Melody" and the "Goal Setter". These are weekly awareness summaries and guides that strengthen your self-awareness, self-discovery, self-examination and self-develop skills.

It is extremely important to remember that the questions, summaries and guides are all created for awareness purposes only and should be used and answered without judgement or criticism, applying unconditional self-love which fosters your personal growth and development.

What should I expect to happen in 11 weeks and what do I do when I have completed 11 weeks of journaling in the "Who Am I, Really?" Guided Journey by Journal?

All information gained by observing, becoming aware of, yourself and your **Environment**/surroundings will only support you in your life's journey, discovery, examination and development to create the life you want to live. Communication is a skill we all must learn in order to interact and express ourselves with and in our surroundings/**Environment**. The desired outcome or goal of any communication process is understanding. Journaling daily will support your habit of self-communication which is a skill we must learn in order to become aware of who we are and how we are interact and express ourselves. The desired outcome or goal of the self-communication process is an overall understanding of ourselves. Answering the question, "Who Am I, Really?" is not an overnight, weekly or even yearly task, it is a question we will ask ourselves throughout our lives. **Choosing** to search for the answers to "who you really are" by self-communication enables us to discover them in a more peaceful and loving way.

After 11 weeks...never stop questioning yourself and always look forward to the answers you will receive.

Life is a journey...allow your E.A.T.s to be your compass of choice that will guide you to better understand and develop "who you really are".

Tending to all aspects of your life as you would a cherished garden, by observing and feeding your **Environment—Body—Soul:Minds—Spirit** with kindness, compassion, love and gratitude will support you in reaping the same for your life as you grow and develop.

For additional information please contact:

www.hometopurpose.com
hometopurpose@gmail.com

<u>Happy</u>	<u>Ecstatic</u>	<u>Calm</u>	<u>Love</u>	<u>Grateful</u>
amused	blissful	balanced	admire	appreciative
cheerful	elated	centered	accepting	blessed
delighted	enthralled	clear headed	affectionate	charmed
glad	exhilarated	comfortable	attentive	fortunate
great	exuberant	content	attracted	gifted
joyful	overjoyed	equanimous	caring	lucky
jubilant	radiant	fulfilled	compassionate	moved
pampered	rapturous	harmonious	considerate	thankful
pleased	thrilled	low-key	devoted	thoughtful
tickled		mellow	empathetic	touched
	<u>Confident</u>	neutral	faithful	
<u>Excited</u>	assured	peaceful	friendly	<u>Strong</u>
amazed	courageous	placid	generous	certain
ardent	determined	quiet	loyal	daring
aroused	empowered	relaxed	nonjudgmental	dynamic
astonished	open	relieved	open hearted	hardy
dazzled	positive	resolved	open minded	intent
eager	proud	satisfied	passionate	keen
energetic	sage	serene	respected	rebellious
enthusiastic	secure	still	sensitive	sure
giddy	self-sufficient	tranquil	sympathetic	tenacious
invigorated		trusting	tender	unique
lively	<u>Optimistic</u>		trust	
passionate	cheerful	<u>Interested</u>	valued	<u>Renewed</u>
surprised	encouraged	absorbed	warm	enlivened
vibrant	expectant	alert		improved
	hopeful	curious	<u>Patient</u>	peaceful
<u>Alive</u>	hoping	enchanted	at ease	reborn
energetic	idealistic	engaged	at peace	recovered
free	inspired	engrossed	bright	refreshed
frisky	kind	entranced	content	rejuvenated
impulsive	respected	fascinated	pleased	repaired
liberated	wonder	intrigued	reassured	rested
playful		involved		restored
spirited		spellbound		revived
wonderful		stimulated		

<u>Sad</u>	<u>Angry</u>	<u>Afraid</u>	<u>Confused</u>	<u>Restless</u>	<u>Embarrassed</u>
dejected	enraged	apprehensive	ambivalent	agitated	ashamed
depressed	furious	dread	baffled	alarmed	chagrined
despair	incensed	fearful	bewildered	disconcerted	flustered
despondent	indignant	frightened	concerned	disturbed	guilty
disappointed	irate	mistrustful	conflicted	perturbed	mortified
discouraged	livid	panicked	dazed	rattled	self-conscious
disheartened	outraged	petrified	doubtful	shocked	
forlorn	resentful	scared	hesitant	startled	<u>Tired</u>
gloomy		suspicious	lost	surprised	beat
heavy hearted	<u>Annoyed</u>	terrified	mystified	troubled	burnt out
hopeless	aggravated	wary	perplexed	turbulent	depleted
melancholy	disgruntled	worried	puzzled	turmoil	exhausted
tearful	dismayed		stuck	uncomfortable	fatigued
unhappy	displeased	<u>Pain</u>	torn	uneasy	lazy
wretched	exasperated	agony		unnerved	lethargic
	frustrated	anguished	<u>Rejected</u>	unsettled	listless
<u>Nervous</u>	impatient	bereaved	alienated	upset	sleepy
anxious	irked	bullied	aloof		weary
anticipate	irritated	defeated	apathetic	<u>Helpless</u>	worn out
cranky		devastated	bored	clingy	
distraught	<u>Hate</u>	grief	close minded	fragile	<u>Judgmental</u>
distressed	animosity	heartbroken	detached	guarded	competitive
edgy	appalled	hurt	disconnected	insecure	defensive
fidgety	aversion	isolated	distant	leery	insulted
frazzled	contempt	lonely	distracted	powerless	jealous
irritable	disgusted	miserable	indifferent	reserved	longing
jittery	dislike	regretful	numb	sensitive	nostalgic
overwhelmed	horrified	remorseful	removed	shaky	pinning
restless	hostile	sorrow	uninterested	vulnerable	wistful
stressed out	repulsed	threatened	withdrawn		yearning
tense					
unstable					

I Declare...

I, _____, understand that I am going on an intensive, guided journey to experience self-awareness and unconditional self-love which will lead me to my true unique self, my authentic self.

I agree and commit, with the best of my ability, to eleven weeks of self-investigation, which will allow me to discover, examine and develop—create myself. Fatigue, lack of energy, or any other circumstance under my control, will not refrain me from discovering and creating my true unique self.

I hereby, release and liberate myself from all past comments, promises, judgements, oaths, vows and any other self-flagellation I have created, consciously and/or unconsciously, that does not further my purpose and promote my goal of loving myself unconditionally.

With Unconditional Love,

(Signature)

(Date)

*Please read your "I Declare..." declaration **aloud**.*

Date and Day _____ **Time** _____

Tip: With your eyes closed, take a few slow, deep inhalations and exhalations—review your day, open your eyes and begin.

1. Today, after reviewing my day, what **E**motions, **A**ctions and **T**houghts (**E.A.T.**s) arise?

2. Today, what made (and still makes) me happy?
Describe **E.A.T.**s.

3. Today, how did I love myself? Describe **E.A.T.**s.

4. Today, how did I love others? Describe **E.A.T.**s.

5. Today, what did I learn about myself and what did I learn in general? Describe the **E.A.T.s** created from the lessons.

6. What are my goal/s for tomorrow?

By accomplishing my goal/s, what will they allow me to achieve and how will my goal/s influence my **E.A.T.s**?

7. Today, for whom and for what am I grateful?

Describe the reason/s and how they influence my **E.A.T.s**.

“Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning.” -Albert Einstein

Date and Day _____ **Time** _____

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4. Today, how did I love others? Describe **E.A.T.**s.

5. Today, what did I learn about myself and what did I learn in general? Describe the **E.A.T.**s created from the lessons.

6. Did I accomplish yesterday's goal/s? Yes/No
If not, what steps will I take to accomplish them?
What is/are my goal/s for tomorrow?
By accomplishing my goal/s, what will they allow me to achieve and how will my goal/s influence my **E.A.T.**s?

7. Today, for whom and for what am I grateful?
Describe the reason/s and how they influence my **E.A.T.**s.

*"If you change the way you look at things, the things you look at change."
-Wayne Dyer*

Date and Day _____ **Time** _____

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7. Today, for whom and for what am I grateful?
Describe the reason/s and how they influence my **E.A.T.s**.

Date and Day _____ **Time** _____

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2. Today, what made and still makes me happy?
Describe **E.A.T.**s.

3. Today, how did I love myself? Describe **E.A.T.**s.

4. Today, how did I love others? Describe **E.A.T.**s.

5. Today, what did I learn about myself and what did I learn in general? Describe the **E.A.T.s** created from the lessons.

6. Did I accomplish yesterday's goal/s? Yes/No
If not, what steps will I take to accomplish them?
What is/are my goal/s for tomorrow?
By accomplishing my goal/s, what will they allow me to achieve and how will my goal/s influence my **E.A.T.s**?

7. Today, for whom and for what am I grateful?
Describe the reason/s and how they influence my **E.A.T.s**.

Date and Day _____ **Time** _____

Tip: With your eyes closed, take a few slow, deep inhalations and exhalations—review your day, open your eyes and begin.

1. Today, after reviewing my day, what **E**motions, **A**ctions and **T**houghts (**E.A.T.**s) arise?

2. Today, what made (and still makes) me happy?
Describe **E.A.T.**s.

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*"Most folks are as happy as they make up their minds to be."
—Abraham Lincoln*

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*"He who falls in love with himself will have no rivals."
—Benjamin Franklin*

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*"I am the only person in the world I should like to know thoroughly."
-Oscar Wilde*

This Week's Melody

To assist you in self-discovery and self-awareness, place dots or notes (♪) on the music lines below. Each note/dot will represent the sounds you chose to create in the following subjects this week:

- ♪ Top position of the note/dot on the music lines below represents a high level of fulfillment,
- ♪ Middle position of the note/dot on the music lines below represents a partial level of fulfillment,
- ♪ Bottom position of the note/dot on the music lines below represents a desire for further fulfillment.

Gratitude and Forgiveness	Health	Self - Investigation	Creativity/ Entertainment	Relationships	Work/ Education
					

Gratitude and Forgiveness: Level of thankfulness and forgiveness this week...gratitude and forgiveness for myself and for others, using the events that happened **for** me...

Health: Level of body nourishment this week...healthy lifestyle, exercise, nutrition, quality of sleep, meditation...

Self-Investigation: Level of self-awareness this week... discovery, examination and personal development by reading and writing, expansion of personal knowledge, communication...

Creativity/Entertainment: Level of adventure, hobbies, art, laughter, amusement...this week.

Relationships: Level of communication with family, friends, my community...this week.

Work/Education: Level of investment in work, career, homemaking (management of household), education...this week.

Goal Setter	My goal/s for next week are... Describe <u>E.A.T.</u> s.	What step/s will I take next week to achieve my goal/s?
Gratitude and Forgiveness		
Health		
Self- Investigation		
Creativity/ Entertainment		
Relationships		
Work/ Education		

*"Life is a melody; you are the composer."
—Jennifer A. Belinkis*

"Who Am I, Really?" Guided Journey by Journal

"Knowing yourself is the beginning of all wisdom." –Aristotle

Everything (*and I mean everything*) that happened, happens and will happen is **for** a reason, **for** you to learn about yourself, grow and develop.

Who Am I, Really?

You are your **E.A.T.s**. You are your **E**motions, **A**ctions and **T**houghts.

Have you **ID'ED** your **E.A.T.s**? Have you **I**nvestigated to **D**iscover, **E**xamine and **D**evelop your **E**motions, **A**ctions and **T**houghts?

How Do I Investigate Myself?

The tools are right under your nose and the clues are all around you. At this moment a "magnifying glass" has been placed in your hands. The question is, are you willing you "look through it" and begin to discover and examine yourself to become more aware of who you are and your surroundings?

How Are You Raising Yourself?

At some point in life, we become the guardian of ourselves. We grow up and develop and begin to raise ourselves. You have learned much about life, you have grown and have lived it and are still growing and living it. Use that knowledge to discover the good that comes from every situation and use it for your own good, use it to raise yourself!

What Are You Practicing?

People get really good at what they practice. Practice makes perfect...right? Are you aware of what you are practicing in your life? You are your **E**motions, **A**ctions and **T**houghts, **E.A.T.s** and they are created by practice. What is it that you are practicing? Is it worry, sadness, complaints, jealousy... or is it joy, happiness, contentment, satisfaction...? Are you practicing impatience or patience? What are you getting really good at? What are you perfecting? Because...

"Life's a melody; you are the composer." –J.A.B.