

An excerpt from
Me: Life Guide and Guided Journey by Journal

7 Soul:Minds Exercises Explained

Habitual expressive journaling shapes and creates mental “muscles” the same way physical exercise and training regimens shape physical muscles in your body. Muscles are built through exercise routines that challenge your body to break down and rebuild tissue in order to create and define muscles; your brain, nervous system, organs, and so on function in the same manner. By exercising and challenging your **Soul:Minds** for an 11 week period, you can consciously create and shape your **Emotions**, **Actions/behaviors**, and **Thoughts (EATs)**, which are easily accessible through practicing self-communication. The saying “Use it or lose it” applies here.

Discovering who you really are generates awareness of the spectrum of beliefs, values, **Emotions**, **Actions/behaviors**, and **Thoughts (EATs)** that exist within you. Simply by observing them, you can choose to create and practice the **EATs** that will enable you to live a more harmonious life. This process begins with learning to love who you are in this very moment—without conditions.

The book [Me: Life Guide and Guided Journey by Journal](#) was written for the purpose of discovering who you are in order to create and develop yourself into who you want to be. Through the understanding and practice of the **7 Soul:Minds Exercises** that follow, and that are found in [Me](#) Guide, you can instill **Emotions**, **Actions/behaviors** and **Thoughts** of love, happiness, and gratitude, which in turn create internal balance and harmony. Expressive journaling can be used to draw attention to specific details of your life, thereby elevating your consciousness/awareness and enabling you to use your free will, your gift to choose, to transform and create the life you want and consciously choose to live.

By answering the questions in the exercises at the end of each day for at least 11 weeks, you form practices, habits that will guide you to the destinations of love, happiness, peace, hope, and gratitude for yourself and your surroundings each day, no matter the circumstances. Furthermore, as you sleep, you will unconsciously reinforce and engrave into the memories of your **Soul:Minds** and the cells that make up your **Body** the **Emotions**, **Actions**, and **Thoughts** of love, happiness, peace, hope, and gratitude that will be mapped out for the following day's journey.

You can most definitely transform yourself at your core. By observing and becoming aware of your **EATs**, you allow for their transformation. In the process, you transform your beliefs and values to those of your choice. Quantum theory proves this—what is observed changes/transforms. For more information and to get your copy of [Me: Life Guide and Guided Journey by Journal](#) on Amazon today. <https://www.amazon.com/Me-Journey-Journal-Featuring-Exercises/dp/173201860X>

To live is the rarest thing in the world. Most people just exist.

—Oscar Wilde (1854–1900)

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What are the 7 Soul:Minds Exercises and how will they influence my life?

Soul:Minds Exercise #1 REVIEW

re-view

(noun)

- a formal assessment or examination of something with the possibility or intention of instituting change if necessary.

Today, after reviewing my day, what Emotions, Actions/behaviors, and Thoughts (EATs) arise?

Human beings evolve and grow; it is in our nature. Every moment has a purpose and is there *for* you. The **E**motions, **A**ctions/behaviors, and **T**houghts you feel, act on, and think each moment reflect who you are and give you a glimpse of where you are headed in your life. Each moment can be a beacon, a guiding light to help you discover, examine, and develop yourself. Paying attention to and observing what has happened **for** you during the day will provide you with the information needed to conduct a self-investigation into who you are. Life happens *for* a reason, *for* you.



Finding is reserved for those who search.

—Jim Rohn (1930–2009)

*Your life's journey is carefully and precisely mapped out
and waiting for you to discover.*

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Soul:Minds Exercise #2 HAPPINESS

hap·py

(adjective)

- feeling or showing pleasure or contentment.

Today, what made (and still makes) me happy? Describe EATs.

There is an old saying that what you look for, you will find. I agree. If you look for happiness, you will find it. If you look for it habitually, you will train yourself to find the good in yourself, people, places, things, events, and so on, and the happier your life will become, even in the worst of circumstances. Being able to discover the good that accompanies every experience in your life is an art and a habit.



*The art of being happy lies in the power of
extracting happiness from common things.*

—Henry Ward Beecher (1813–1887)

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Soul:Minds Exercise #3 SELF-LOVE

self-love

(noun)

- regard for one's own well-being and happiness (chiefly considered as a desirable rather than narcissistic characteristic).

Today, how did I love myself? Describe EATs.

Self-love is the basis of all love. Every moment of every day brings with it the opportunity to love yourself. Taking the time to eat well, exercise, sleep, create, read, journal, discover, maybe do nothing at all, and learn more about yourself from it all are some of the wonderful ways of loving yourself. Setting aside time and effort to self-investigate at the end of each day is an example of great love for yourself.



Learning to love yourself is the greatest love of all.

—Linda Creed (1948–1986)

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Soul:Minds Exercise #4

BROTHERLY LOVE

broth·er·ly love

(noun)

- feelings* of humanity and compassion toward one's fellow humans.

(*Note: I would add **Actions** and **Thoughts** to complete the **EATs**.)

Today, how did I love others? Describe EATs.

Obviously, we are in this world together. Whether we are aware of it or not, the people, animals, nature, things, and others that surround us are there for a purpose. Discovering self-love in exercise #2 allows for the discovery of brotherly love, which is practiced in and with your **Environment**. Your surroundings are an extension of you and exist to influence and teach you about yourself (especially the people, places, things, and events that you do *not* want in your life but are happening **for** you). Loving all aspects of your life can drastically transform your life. In loving, finding the good that comes from your **Environment**/surroundings, you are loving others, things, and nature, and through them, you are essentially loving yourself.



*Happiness is in your ability to love others.
When you love someone, you love the person as they are,
and not as you'd like them to be.
—Leo Tolstoy (1828–1910)*

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Soul:Minds Exercise #5 **LIFE LESSONS**

life les·son

(noun)

- something from which useful knowledge or principles can be learned.

Today, what did I learn about myself? What did I learn in general?

Describe the EATs created from the lessons.

Evolving is a part of human nature. Whether you are aware of it or not, you transform, learn, develop, influence, and are influenced through your **Environment**/surroundings every moment. Your brain processes, organizes, and stores information that is relayed to it through your senses. Discovering the good from life lessons and learning about yourself from what has happened *for* you today will advance you in your growth and developmental processes and transform your perspectives; therefore transforming your future for the better.



The most valuable lessons in life are not taught but experienced.

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Soul:Minds Exercise #6 GOALS

goal

(noun)

- the object of a person's ambition or effort; an aim or desired result.

What is/are my goal(s) for tomorrow?

By accomplishing my goal(s) what will it/they allow me to achieve, and how will my goal(s) influence my EATs?

Did I accomplish the goal(s) I set for myself yesterday? (Yes/No)

If not, what steps will I take to accomplish them?

Having goals in life keeps us *alive*. You can live without goals, but to truly be *alive*, it's imperative to set goals and then aim and aspire to make them your reality. In writing your goals down, you are activating your brain and sparking your neurons to organize and construct **EATs** that will support you in achieving them. When you set goals with the intention of accomplishing them, your brain and nervous system will automatically get to work on how to produce, perform, and make them happen as you sleep. Setting goals is the prerequisite to taking action and following through on your ideas, dreams, and your passions in life.

We all have goals, dreams, and a purpose. That is why we are here in the first place, whether we know what our goals, dreams, and purposes are or not. Your purpose may be to become one or more of the following: a family member, a friend, a businessperson, a writer, an artist, a swimmer, a gardener, a recycler, a politician, a surfer, a captain, a seamstress, a designer, a lawyer, a scientist, a therapist, a traveler, and so on. You name it. We all have goals in life (even if we are unaware of them). They are there for us to learn, improve on, and live our passions. What are you passionate about? What can you do tomorrow to grow and develop that passion? Live your purpose. This is your chance, your time to shine because you are here to do just that; no matter what age you happen to be in this moment.

Tip: To assist yourself in accomplishing your goals for the following day, it is helpful to write them in your daily planner or on a recycled sheet of paper to be used as a reference the next day—a reminder of the goal(s) you have set for yourself.



*If you want to live a happy life, tie it to a goal,
not to people or objects.*

—Albert Einstein (1879–1955)

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Soul:Minds Exercise #7 GRATITUDE

grat-i-tude

(noun)

- the quality of being thankful; readiness to show appreciation for and to return kindness.

*Today, for whom and for what am I grateful? Describe the reasons.
Describe EATs.*

I believe that this is the MOST IMPORTANT EXERCISE. If, at the end of your day, you find that you have absolutely *no* energy to exercise your **Soul:Minds**, please find the strength to complete this exercise.

Gratitude supports life. Being grateful for the opportunities in and of life will give you a more optimistic outlook in and about your own life. This is a prosperous way to conclude your day. Recognizing and distinguishing at least two gratifiers from your day a person and a place, thing, and/or event will advance your life development process. Two big self-gratifiers that come to mind at the moment are the ability to breathe and the fact that you are alive. **Life is a gift**—and an **extraordinary** one at that. Reward yourself with this gift every day by discovering *all* that there is to be grateful for in your life.



*Feeling gratitude and not expressing it
is like wrapping a present and not giving it.
—William Arthur Ward (1921–1994)*