

# AHA! JOURNALING

## A Step-by-Step Guide to Freeing Your Life Energy

Welcome to Aha! Journaling where you will learn how to free your energy and fuel your success.

Whatever your challenge, whatever you may desire, if you take the time to apply this simple process of reconditioning your mind and raising your awareness, you will move closer to the fulfillment you seek.

Click here -> [Aha! Journaling Worksheet](#) to download and print a sample Aha! Journaling worksheet and follow the steps below to set yourself free from whatever may be troubling you or holding you back.

### The Aha! Method™ Journaling Process

Step 1 - Think of a person or situation that is troubling you.

The first step to raising your awareness is to consciously recognize the people, events, and circumstances that trigger negative emotions in you.

As you go through your day, it's important to always focus on the positive. However, it is also important to be aware of those times that you feel negative. Whenever you are not feeling good, when you're feeling upset, worried, overwhelmed, or any negative emotion, pause for a moment and ask yourself:

"What's triggering this negative emotion inside me?"

Is it something you saw on TV, heard on the radio, or read in an email or text message? Is it something that someone said to you or the way someone looked at you?

Pay attention to what "triggered" the negative emotion in you and write it down in box **A** (Trigger/Event) of your worksheet.

For example:

(A) Trigger  
(Event)

(h) Thought  
(Response)

(a!) Feeling  
(Experience)

I was laid off

Step 2 - Clearly identify your feelings.

How did the trigger-event make you feel inside? You may have felt angry, hurt, anxious, lonely, agitated, disappointed, frustrated, etc. Write this feeling in box **a!** (Feeling/Experience) of your worksheet.

Continuing with our example:

(A) Trigger  
(Event)

(h) Thought  
(Response)

(a!) Feeling  
(Experience)

I was laid off

Worthless

Step 3 - Notice the relationship between the trigger and the feeling. Why do you suppose you reacted to the event the way you did?

Continuing with our example:

Does the trigger event of box **A**, the fact that a person was laid off, really justify feeling worthless? Of course not. In fact, many people have stated that getting fired was one of the best things that ever happened to them. It gave them the opportunity to reassess what was truly mattered in life. It compelled them to become more resourceful and for some, to pursue their true passion - which in turn, led to greater fulfillment and success.

Step 4 - Recall what you were thinking when you felt this way.

Imagine the entire world disappears and draw your awareness inside your body. Where inside your body do you feel this emotion? As you feel this emotion, what thought is in your mind? What was the thought going through your mind when the event took place? Write this main thought in box **h** (Thought/Response) of your worksheet.

Continuing with our example:

(A) Trigger  
(Event)

I was laid off

(h) Thought  
(Response)

I'm a failure

(a!) Feeling  
(Experience)

Worthless

Step 5 - Notice the relationship between the thought and the feeling. Do you suppose it was the thought or the trigger that caused the feeling?

**Aha!** Can you see that it's the thought that causes your feelings more than the event? When you change the way you think about a person or situation you change the way you feel about that person or situation.

Instead of falsely be-lie-ving that you are a worthless failure, you could use this situation to remember the truth.

What truth?

All things are conspiring for your highest good. As one door closes another door opens. You are meant for better things, serving a higher purpose, more true to who you really are and the fulfillment of your divine destiny on earth. After all, what you truly are is a magnificent, unlimited, infinite being.

Also, remember that nothing can disturb your peace in this moment without your permission. Everything that happens, even that which appears to be negative, brings a gift in disguise. Choose to use the adversity in life to bring forth your true strength, your inner light, and shine.

### Create an Empowered Mindset

Continuing with our example:

If you have lost your job, pay attention to the stories in your mind, and deliberately recall those times that you have been successful and created true value for others. You will quickly see that the negative thoughts are not true.

Ask yourself:

"What can I learn from this experience?"

"How can it help me to grow?"

"What greater part of myself is this experience calling forth from within me?"

One way that your experience always serves you, is by showing you "where" your attention is currently focused. Remember that everything is conspiring for your highest good. Even the things that appear bad on the surface are calling you to awaken to a deeper you, a more unified oneness with all of life and ultimately the fulfillment of your heart's true desire.

We live in a vibrational universe. Our thoughts carry specific vibrations that are magnetic in nature. This means that whatever we focus our attention upon we attract more of into our lives. Wherever our attention goes, our life-giving energy flows.

In this world of polar opposites we can either focus on the positive or the negative, as both polarities exist. We experience negative emotions when we tell ourselves negative stories and are focused upon our problems, fears, worries, complaints, or whatever appears to be wrong in our lives.

Pay attention and be mindful today of how many times you fall asleep – whenever you feel worried, anxious, frustrated or upset. Notice whenever you take offense to something or someone, when you want to defend yourself, make yourself right or make someone else wrong, or whenever you are blaming or complaining. Anytime you feel negative emotion for any reason you are in vibrational discord with your true Self.

In these moments when you are not feeling good, remember that you have the power to change the way you feel. How? Change the story you are telling yourself in your mind. It's important to pay attention and RECOGNIZE when you are feeling bad and choose to tell yourself a more positive and empowering story.

Ask yourself:

"What is the best, most empowering story that I can tell myself about this particular situation right now?"

If nothing comes to mind, ask yourself:

"How would the highest most empowered beings like Jesus, Buddha, Krishna, Vishnu, Moses, Mohamed, Abraham, or other spiritual masters respond to this situation?"

Frame your answer in the context of an incredible future - your ideal future - as if it existed now (because it does already exist in the quantum field of infinite possibilities here and now). When you change your thoughts and feelings, you “tune in” to this new possibility, make yourself a vibrational match with it, and draw it to you.

Close your eyes for a moment. Allow yourself to see your ideal future. Feel it as if it is already done. Be it now. How does this make you feel?

As you think and feel from this place of joy and fulfillment in the present moment, realize that the mirror of life will begin to reflect this energy back to you.

Remember to not allow yourself to wallow in negativity and self-pity. Choose instead to change your tune; you always have the power to do so.

### Step 6 – Change Your mind.

Go back and draw a line through the negative thought and feeling in boxes **a!** and **h** and replace these with your new empowered thought and associated feeling.

Continuing with our example:

<u>(A) Trigger</u> <u>(Event)</u>	<u>(h) Thought</u> <u>(Response)</u>	<u>(a!) Feeling</u> <u>(Experience)</u>
I was laid off	<del>I'm a failure</del> There is a new and better job for me	<del>Worthless</del> Inspired & Empowered

Tell yourself a better story and whenever you think about (or are triggered by) the situation, feel as if you are already living as the new empowered you.

Promise yourself that you are only going to permit your mind to dwell upon the good your heart desires. You are going to catch yourself whenever you are feeling bad and RECALIBRATE YOUR VIBRATION with better feeling thoughts and perspectives. Promise yourself that you will continue to overcome your reactive conditioning and free your life energy.

Recognizing this link between your thoughts and emotions is what EMOTIONAL INTELLIGENCE is all about. Your awareness of this link between your thoughts and feelings holds a key to your true freedom and

your power to act deliberately to create the positive changes you desire in your life - independent of outside circumstances.

Find yourself a little notebook (or print out an Aha! Journal worksheet) and carry it around with a pen. Whenever you feel negative emotions, at your earliest convenience, take it out and record the trigger, thought and emotion.

At the end of the day, without judgment, review what you wrote. At the end of the week, review your entire week's journaling and "see" the invisible patterns that are operating in your life. Your awareness of these patterns begins to set you free from them. The unconscious patterns will no longer be able to automatically play out without you recognizing them, and will soon fade away as you no longer feed them your life-giving energy.

Could change really be this simple? Try it and see. You may discover your true power to choose the way you think and feel independent of what's happening in the world around you. That's true freedom.

To Your Freedom!

The Real U