

The Aha! Method™ Journaling Worksheet

Raise Your Awareness And Free Yourself From What Is Holding You Back.

Companion worksheet for *The Aha! Method™ Journaling* exercise as detailed in chapter 1 of *Jumping On Water*.

A	h	a!
Trigger (Event)	Thought (Response)	Feeling (Experience)
_____	_____	_____

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_____	_____	_____

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_____	_____	_____

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Trigger (Event)	Thought (Response)	Feeling (Experience)
_____	_____	_____

Instructions: Print out and carry a copy of the Aha! Journaling worksheet and a pen with you throughout your day. Take out and complete a row of the worksheet whenever you feel a negative emotion. Review at the end of the day and also each week to “see” the subconscious patterns operating. Cross out and replace the thought with a more empowering / truthful thought. How does the new thought make you feel? Cross out and replace the feeling. Remember to think this new thought and feel this new emotion the next time you are triggered.

Experiment with *Aha! Journaling*. You will likely discover that you’re not upset for the reasons you think.

To Your Freedom!

For more information on how you can bring forth your inner brilliance, visit <https://www.therealu.net>.