

My New Life Journal

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You are committed to change!! You are inspired, ready and willing! So often we go after something new only to be defeated by our old habits and thought patterns. You can use this journaling technique to go beyond those habitual patterns and create new beliefs and habits that support growth and success. Create permanent change by releasing the emotional attachment to old stories, identifying limiting beliefs and reinforcing the thoughts and feelings that bring you what you desire.

Goal development

SMART GOALS

S = Specific

Who, What , Where, When, Which, Why

M = Measurable

A = Attainable and Appealing

R = Realistic and relevant

T = Timely an Tangible

Write your goals in positive. present tense language. Imagine them already done. Example: I am exercising for one hour, three times a week, at the gym. Its easy, rewarding and inspiring me to keep my commitment to it. By December 1, 2009 I have made this a routine that is a priority in my life.

Time commitment and support to writing in the journal

Commit to when and where you will use the journal

Attach it to something you are already doing

(reading the paper, coffee break, before bed)

Make it attainable and realistic

Identify your excuses and how to avoid them

Who, in your life, can act as a support person to keep you focused on your goals and will listen to you talk about any difficult emotions and stuggles that come up. Ask this person to be non-judgmental and not give advice, but to listen and be supportive.

The Process, Out with the old, In with the new

“ No problem can be solved with the same level of consciousness that created it”

Albert Einstein

OR “ If you always think like you always thought, you’ll always get what you always got”

1. Brain Drain , Level of Emotion

Give yourself permission to write unedited. Let the words come without thinking or critiquing it. Allow the emotion to be expressed, be petty, crude, irrational, victim mode. Allow it to be free flowing with little or no thought. Go deeper, cry, yell, punch a pillow, use creative expression like art, music, poetry. Create safe ways to express all the emotion. Let fear have a voice. Whatever feelings you usually judge or avoid, give permission to be heard and expressed. Write a letter to a person you are upset with that you DO NOT SEND. Let it all out. Use phrases like, I am letting go of this , I totally release these feelings..... I surrender all of this to (God, Universe).

2. Contemplation, Level of Mind

Look over what you have written. Identify core negative beliefs, repeating patterns or themes, words you heard your parents or others say, anything that stands out or you have a reaction to. Circle those words or phrases. Start to see how these beliefs, excuses, patterns have ruled your life and decide to detach from the meaning you have been giving them.

Ask if those thoughts are true. Can you absolutely, unequivocally say its totally true?

What are just interpretations of the events / situations that you are writing about?

Where do they come from?

Get fed up with the repetition, being stuck, lame reasons, victim thinking. Own your thoughts and feelings and know that only you can change you. Notice how you have been giving your power to others over how you feel and decisions you make. Take the power back!

3. Pep Talk, Level of Spirit / Soul

Write back to yourself. Decide how you want to see things, think, feel and identify what you choose to believe. Talk about what you can and will do. Say how you will see something differently. Open to new ideas and trust the process of life. Talk about how it feels to claim your power and make decisions that support your goals. Show forgiveness, compassion, love in how you proceed. Decide on concrete, action steps that you WILL do. End with affirmations that support your new beliefs and goals. Use the affirmations as you move forward or run into old habits. Keep it positive-!!

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CORE NEGATIVE BELIEFS

I will never be enough
It's not safe to be me
I am always last or left out
People always abandon me
It's not safe to speak out
I should have been a boy/girl
No matter how hard I try, it's never enough
Life's not fair
It's not good to be powerful / successful / rich / outgoing
I am unworthy
I don't deserve
I must obey or suffer
Others are more important than me
I am alone
No one will love me
I am unlovable
No one is there for me
I'll never make it

CORE POSITIVE BELIEFS

I am lovable
Life is easy
I deserve the best
I love myself the way I am
I am valued / important
I am worthy
I have all that I need
I am enough
I do enough
I have enough
I enjoy being a girl / boy
I honor all beings
I trust life to bring me what I need
My thoughts and feelings matter
My body is sacred and I love caring for it
Joy, Peace and Love are my birthright