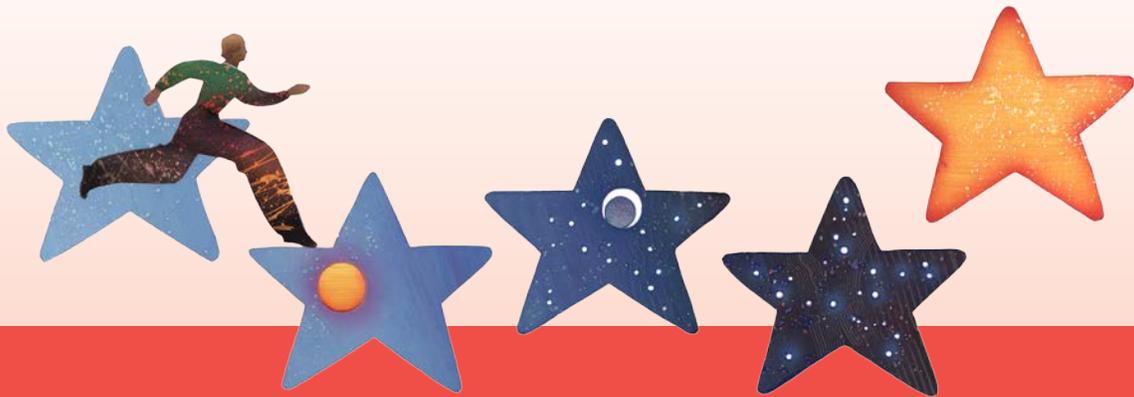


The Journey to
**LIVE YOUR
MAGIC!**TM



The Six Tools
WORKBOOK SERIES

RAM-JAMTM

How to Journal for Self-Discovery

Larry Anderson with Sarah Janzen



Book Title: Journey to Live Your MAGIC!TM
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Journey to Live Your MAGIC!TM
Workbook Series

The Truth About You Series

1. How to Discover Your Gifts
2. How to Make Empowering Choices
3. How to Discover and Live Your Personal Mission

The Six Tools Series

4. How to Read to Learn
5. How to Connect With Allies
6. How to Reach Out to Mentors
7. How to Journal For Self-Discovery
8. How to Ask Better Questions
9. How to Meditate to Hear Your Inner Guide

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HOW TO JOURNAL FOR SELF-DISCOVERY

Your journal is the place where you can have a private conversation with yourself. “Journaling” is thinking on paper: you write down your thoughts, your goals, your ideas, your concerns, your questions, your analyses and your decisions. Writing things down helps reduce the fuzziness of our thoughts, and allows us to evaluate them until we have clarity. Clarity is an important benefit of journaling. The process, however, can be messy.

Use your journal to capture and organize wisdom from a conversation, a video or a book. Use your journal to explore options and to analyze and decide. Journaling is most powerful when combined with questions.

In this workbook, the exercises will help you understand how to journal for self-discovery.

Activity 1.1

Benjamin Franklin was a printer, inventor, scientist, writer, politician, and ambassador who was determined to be a success. He made a list of thirteen character traits that he thought would help him succeed, and he practiced each one for a week at a time. You can read more about Benjamin Franklin in *Inspiration to Live Your MAGIC!: 75 Inspiring Biographies*.

Create a list of the thirteen character traits that you believe will help you to capture your life dreams. You can use the character traits in the box below or create your own.

First, write what some of your dreams are. Next, choose the character traits you think are needed in order to make your dreams a reality.

Some of my dreams are: _____

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____

Adventurous	Funny	Proud
Ambitious	Gentle	Quiet
Brave	Grateful	Responsible
Calm	Happy	Silly
Careful	Hard-Working	Shy
Cheerful	Helpful	Smart
Confident	Honest	Sweet
Cooperative	Hopeful	Talented
Courageous	Imaginative	Thankful
Curious	Independent	Thoughtful
Dependable	Intelligent	Trustworthy
Determined	Kind	Unselfish
Eager	Loving	
Easygoing	Loyal	
Energetic	Mysterious	
Fearless	Nice	
Friendly	Polite	

LIVE IT OUT! JOURNAL CHALLENGE: At the beginning of each week, choose a character trait to practice in your everyday life.

MAKE A PLAN: In your journal, ask yourself, “How will I practice this personality trait in my everyday life?”

REFLECT: At the end of each week, write about the specific instances in which you practiced the character trait. Write about how practicing this character trait was a benefit to your life. You may also want to make a plan on how to continue to practice this character trait in your everyday life.

Activity 1.2

Benjamin Franklin designed a method for decision-making to weigh the pros and cons of the choices he had to make in his life. In order for this method to be a successful journal tool in your life, you must also weigh the importance of each pro and con.

Choose one scenario below and weigh the pros and cons that may come from the decision the speaker needs to make.

1. My name is Jonah and I am in grade 10 at Richmond High School. I have always felt left out at school and don't have many friends. This year I have decided to try a little harder to make new friends. When I saw the poster for cheerleading tryouts I had a good feeling that I could make the team. I figured I might also make some new friends: I was usually better at making friends with girls than boys anyways. When I showed up to the first tryout I was partnered with a guy named Alex for a lifting drill. I found myself to be very attracted to Alex and hoped to be partnered up

with him for other drills. In the months that followed this tryout, I began to develop more confidence and became less shy. I asked if Alex wanted to go to the local Burger Mart after practice one day, and to my surprise he agreed immediately. While eating our supper, Alex totally surprised me by admitting that he'd had a crush on me for quite some time. This new information made me both very happy and very worried. No one at Richmond High knew I was gay and I knew my mom would be furious if she found out I was dating someone – especially a boy. I didn't have many friends to begin with, and if I told the friends I did have that I had a boyfriend, I was worried that they wouldn't want to be friends anymore. I know that Alex is the perfect match for me, but I am not sure if I am willing to take the risk of losing my friends and my mom's love.

2. "These are the best years of your life," my crazy aunt Matilda once said to me. What she didn't realize was that I couldn't wait to get out of Newcourt Middle School. I was tired of being teased for the ears that stuck straight out of my head. People would call me "Dumbo" or "Monkey Ears" and it was getting old, fast. I so badly wanted to fit in with the "popular girls" but when I tried to hang out with them, they just called me a "follower" or their "stray dog." I often spent lunches in the library reading alone. It wasn't until my second year at Newcourt Middle School that I had an opportunity to make friends. I enrolled myself in an art class and was thrilled when two of my classmates, Brandi and Alicia, started to pay attention to me. I started hanging out with them at lunch and noticed that others stopped calling me a "follower." It wasn't until a few months

later that I began to wonder how smart it was to be friends with Brandi and Alicia. We were sitting in our usual spot behind the bleachers eating lunch when Brandi pulled out a cigarette she stole from her mom. Alicia was excited to try it so Brandi lit it and began to smoke. I definitely knew that I did not want to try it, but I also so badly wanted to stay friends with these girls. When Alicia tried to hand it over to me I quietly said, “No, thank you.” Both Brandi and Alicia looked shocked and began to try and convince me to change my mind. I knew that there was no way I would try that cigarette but I also knew that there was no way that I wanted to lose the friendship that I worked so hard to get.

3. My two older brothers, Jeremy and Paul, are my dad’s dream sons. They both made the senior basketball team. As a junior in high school, Jeremy received the “most valuable player” award for his efforts on the football team, and Paul scored the winning goal at the provincial soccer championships last season. Whatever sport my brothers try, they seem to become the stars. Like my brothers, I was fortunate enough to receive the athletic gene, but I also received something else. I have a condition called pulmonary stenosis which limits the amount of blood that flows to my heart. Even though I am decent at many different sports, I don’t really like to play because I am only able to play for a few minutes at a time before I need a break. I know that my dad realizes that I will never be as good an athlete as Jeremy or Paul because of my condition, but I don’t think he realizes that he never praises me for my real passion: art. If anything, he sort of pokes fun at me whenever I am in the basement working on my next creation. I want to share my passion with him but am afraid that he’ll just tease me some more. One of my paintings is going on display

at a local art gallery, and I was hoping my dad would attend the opening of the show, but I am worried that inviting him to the gallery will drive an even greater wedge between us.

I have chosen Scenario #_____ to evaluate. (Note: After you have listed them, rate the importance of each pro and con from 1 to 6, with 1 being the most important, 6 being the least important.)

Pros		Cons	
	Rating: ____		Rating: ____
	Rating: ____		Rating: ____
	Rating: ____		Rating: ____
	Rating: ____		Rating: ____
	Rating: ____		Rating: ____
	Rating: ____		Rating: ____

CONCLUSION: Based on your pros and cons chart, and the importance of each pro or con, what choice do you think the person in your chosen scenario should make?

LIVE IT OUT! JOURNAL CHALLENGE: At the beginning of each week, choose a character trait to practice in your everyday life.

MAKE A PLAN: In your journal, ask yourself, “How will I practice this personality trait in my everyday life?”

REFLECT: At the end of each week, write about the specific instances in which you practiced the character trait. Write about how practicing this character trait was a benefit to your life. You may also want to make a plan on how to continue to practice this character trait in your everyday life.

Activity 2.1

In order to successfully gain the skill of empowering self-talk, you need to capture and connect with the wisdom of others. One way to do this is to transform the words of others into your own words. Look at the list of quotes below and try to write them in your own words. This will help you to gain a deeper understanding of the wisdom each mentor is portraying.

1. “Forgiveness is giving up the hope that the past could have been any different.” (Oprah Winfrey)

2. “It had long since come to my attention that people of accomplishment rarely sat back and let things happen to them. They went out and happened to things.” (Leonardo da Vinci) _____

3. “Without continual growth and progress, such words as improvement, achievement, and success have no meaning.” (Benjamin Franklin)

4. “I don’t think of all the misery but of the beauty that still remains.” (Anne Frank)

5. “We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty.” (Maya Angelou)

LIVE IT OUT! JOURNAL CHALLENGE: Write one of the quotes above in your journal. Explain how this quote can be connected to an experience in your life.

REFLECT: How can the quote you chose help to motivate you to make choices that will move you towards capturing your life goals?

Activity 3.1

It is important to set goals so you can take steps towards living your dreams. In order to fulfill long-term goals, it is important to make short-term goals that can guide you towards living out your dreams. Think about your life 10, 20, and 30 years from now. Where do you want to be?

Examples of Goals:

- Get a scholarship to a postsecondary institution for the sport you play
- Get a certificate/diploma/degree
- Get a fulltime job
- Buy a house
- Start a family
- Complete a marathon
- Sing on Broadway
- Move away
- Travel
- Have art featured in a gallery
- Invent something

Write three long-term goals you have for the future.

1. _____

2. _____

3. _____

Write five short-term goals that you will be able to complete in the near future. Each of these goals will help you to work towards achieving your long-term goals. Beside each short-term goal, write a deadline for the completion of your goal.

1. _____

2. _____

3. _____

4. _____

5. _____

LIVE IT OUT! JOURNAL CHALLENGE: At the beginning of each week, choose a short-term goal to complete. You may not be able to complete each short-term goal in only a week, but attempt to make a plan so that you can take action in the weeks to come.

MAKE A PLAN: In your journal, ask yourself, "What actions will I take so that I can fulfill my short-term goal?"

REFLECT: At the end of each week, write about the specific instances where you took action towards completing your goal. Write about how taking action towards completing this short-term goal will help you to reach your long-term goals. You may also want to make an action plan for completing your short-term goals, or set more short-term goals to complete in the future.

LIVE IT OUT! JOURNAL CHALLENGE: Instead of focusing on the negative memories of your experience, answer the question, “What can I learn from this experience?” Everyone will run into challenges during their lives, but instead of looking at the bad aspects of the experience, think about what you can learn from it. This can help you to take a bad experience and turn it into a life lesson.

MEDITATE: The art of meditation can help you to clear your thoughts and make better decisions towards improving yourself. Whether it’s taking a walk in nature, planting a garden, or going for a jog, taking time to meditate and rid your mind of the experience for a short period of time is important for self-improvement. This will help you to make clearer, more rational decisions on how to either fix a problem you may have, or change your thinking about your experience from negative to positive.

REFLECT: How did changing your thinking about your experience help you see what you can learn from life’s challenges? What did you use as a meditation exercise? Did it help you to clear your mind and return to the problem or experience with a clear plan on how to change your thinking from negative to positive?

Activity 5.1

Sometimes you can feel as if nothing is going your way in life. Everyone has good and bad days but it is helpful to always look for the good in each day, even if it requires a lot of digging. Read the scenario below and try to look for three good things that could come from the difficult week Elliot has had.

ELLIOT'S HORRIBLE WEEK

It's amazing how life can change in a matter of a week. On Monday I was called into my boss's office and found out that they had to fire me because they didn't have enough room in the company budget to keep me working there. While I was driving around the city on Tuesday to drop off my resume at other companies in hopes of a new job, I rear-ended a "Tire-Mates" company van. At least the driver was somewhat nice to me about the situation! On Wednesday I had a basketball game and ended up spraining my ankle within the first five minutes of the game. I probably won't be able to play for at least a month now. On Thursday my girlfriend of three years broke up with me. It is now Friday and I currently have no job, no girlfriend, and a sprained ankle, and I have to deal with the insurance company about the car accident I caused. My life is headed in the wrong direction and I have no idea what will happen to me next.

What are three good things that could potentially come out of Elliot's horrible week? Write them below.

1. _____

2. _____

3. _____

LIVE IT OUT! JOURNAL CHALLENGE: At the end of every day, answer the question, “What are three good things that happened to me today?” Forget about any negative experiences you may have had during the day, and only focus on the good.

REACH OUT TO AN ALLY: Share some of the good things that have happened to you recently with someone you admire. In turn, ask your ally about the positive life experiences they may have had recently.

REFLECT: At the end of the week, write about how focusing primarily on the good things that happened each day helped you to change your mood and your thinking. Can you feel yourself becoming more optimistic about what will happen next in your life? Has reaching out to an ally in a positive way helped you to strengthen your relationship with that ally?