

Daily Journaling Process for Awareness and Change

To fully realize your potential, it is essential for all ten bodies to be in harmony. A conscious lifestyle that includes yoga, meditation, and mindful eating supports this balance. However, we often become stuck in repetitive mental and emotional patterns from our past. Yogis refer to these patterns as our karma, presenting us with opportunities for transformation.

To aid in this transformative process, we have designed a daily journaling routine. This practice will help you bring awareness to your journey of change.

Before you begin the journaling process, follow these steps:

Instructions for Using the Breakthrough Map

1) Print out the Breakthrough Map

2) Under Intention write your intention for your life

3) Identify Your "Old Self":

Under the "Recurrent Action" arrow, describe the main expressions of your "Old Self" in three categories:

- Thoughts: Note the recurring thoughts that define your old self.
- Behaviors: Identify the habitual actions and behaviors that characterize your old self.
- Emotions: Recognize the dominant emotions that you frequently experience as part of your old self.

These expressions are deeply ingrained, often shaped by your culture, family, and personal history. They are so familiar that they can feel like "just who you are," making them difficult to notice without conscious effort and this could take you a few weeks or longer to complete!

EXAMPLES:

Thoughts: I am not enough, I am not capable, I am alone...

Behaviors: Controlling, victim, avoid staying in the present

Emotions: anxious, angry, overwhelmed

4) On the section of the sheet labeled BREAK in the ACTION, write the following statement in your own words:

WHERE I MAKE A CONSCIOUS CHOICE: The potential hormonal, biological, neurological, and chemical transformation of my old self, where I venture into the unknown, unfamiliar, uncomfortable, and unpredictable. OR the familiar repetition of what has been.

5) New Self:

Above the arrow labeled New Action, write down the aspects of your new self that support your intention for a new future in the same three categories:

Thoughts:

- Example: I experience deep love and connection. I live an intentional life.

Behaviors:

- Example: I practice kindness with myself and others. I am disciplined with my time and energy.

Emotions:

- Example: peaceful, loving, powerful.

Your Daily Journaling Process

Each morning, start by reflecting on and writing about the previous day. Review your notes on your old self's thoughts, behaviors, and emotions. Identify moments when you were triggered and reacted in your familiar, old patterns.

Next, follow these 4 prompts and write:

Today I am practicing (new behavior):

Example: Practicing patience and mindfulness.

This change allows me to feel (new emotion):

Example: This change allows me to feel calm and empowered.

I am grateful for:

Example: I am grateful for the support of my friends and family.

Today I (declare your new future):

Example: Today I embrace new opportunities with confidence and optimism.

