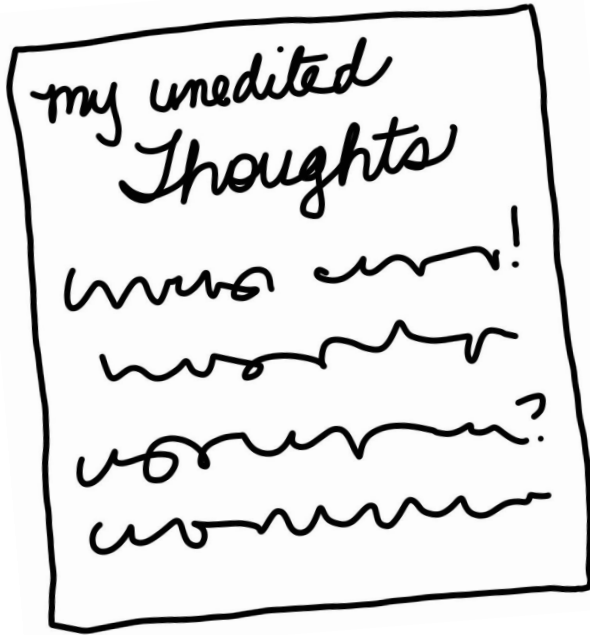


heartwork JOURNALING UNIVERSITY



Self Coaching
Made Simple

Step 1: Thought Download



Set a timer for 10 minutes & write your thoughts.

Write what's on your mind.

Don't judge any of it.

Write until you run out of thoughts OR time.

Breathe through this process.

Remind yourself that you are not your thoughts.

Putting them on paper helps you identify what's in your head.

If you'd be embarrassed for another person to see it, you're doing it right.

Step 2: Choose One Unintentional Thought.

Pick one thought that seems interesting.

Don't try to find the "right" thought.

Don't try to find the most intense thought.

There is NO right thought to choose.

Step 3: Put the Thought into the T Line of the Equation.

Circumstance

Thought *Thought*

Emotion

Actions

Result

Step 4: Unintentional Equation.

Question prompts to help you fill in your Equation

To get to the Circumstance *What are the FACTS of this situation?*

Thought *Thought*

Emotion

Actions

Result

Step 4: Unintentional Equation.

Question prompts to help you fill in your Equation

Circumstance

Thought *Thought*

To get to the Emotion *How do I feel when I think THIS Thought?*

Actions

Result

Step 4: Unintentional Equation.

Question prompts to help you fill in your Equation

Circumstance

Thought *Thought*

Emotion

To get to the Actions *When I feel THIS way, what do I do? How do I act? What do I not do?*

Result

Step 4: Unintentional Equation.

Question prompts to help you fill in your Equation

Circumstance

Thought *Thought*

Emotion

Actions

To get to the Result *What is the EFFECT of this action on ME?*

unintentional Equation *(Putting it all together)*

Choose one thought from a Thought Download.

To get to the Circumstance *What are the FACTS of this situation?*

Start with a Thought *Thought*

To get to the Emotion *How do I feel when I think THIS Thought?*

To get to the Actions *When I feel THIS way, what do I do? How do I act? What do I not do?*

To get to the Result *What is the EFFECT of this action on ME?*

Step 2: Create an Intentional Equation.

Same Circumstance

Thought

Emotion

Actions

Result

Step 2: Create an Intentional Equation.

Same Circumstance

Thought

Emotion *How do I want to feel (that brings relief & is believable)?*
Chosen Emotion

Actions

Result

Step 2: Create an Intentional Equation.

Same Circumstance

Thought *What could I think about this C that might help me feel this emotion?*

Emotion *Chosen Emotion*

Actions

Result

Step 2: Create an Intentional Equation.

Same Circumstance

Thought

Emotion *Chosen Emotion*

Actions *When I think this thought and feel THIS way, what do I do? How do I act? What do I not do?*

Result

Step 2: Create an Intentional Equation.

Same Circumstance

Thought

Emotion *Chosen Emotion*

Actions

Result *What is the EFFECT of this action on ME?*

Step 2: Create an Intentional Equation.

(Putting it all together)

Same Circumstance

Thought *What could I think about this C that might help me feel this emotion?*

Emotion *Chosen Emotion*

Actions *When I think this thought and feel THIS way, what do I do? How do I act? What do I not do?*

Result *What is the EFFECT of this action on ME?*