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Heartwork Journaling  
Options of Thought



# Options of Thought

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Try on these options of thought as if you're trying on new clothes. There are no right and wrong thoughts. Check in with your body to see which thoughts are helpful to YOU. Most people don't yet know that thoughts are optional.

As you use the Heartwork Journaling tools and see how current thinking creates current results, and you experiment with new options of thought to create new results, you will understand the power of your mind.

Find the thoughts that 1) are believable to you and 2) give you relief. Plug your chosen options of thoughts into the Equation to see what results a new option of thought can create. Then, practice this new thought deliberately.



# Thoughts About Me

I'm learning to have a mind at home with itself.

I am not my thoughts.

My life matters now, exactly as it is.

It's possible that I am enough in this moment.

Feeling unwanted emotion isn't a character flaw or a moral defect, it's just information I can use.

Sometimes I do like / love myself.

I'm learning to like / love myself.

I like my flavor of quirky / silly / crazy / something else?

The love I'm looking for starts inside of me.

The validation I'm looking for is really my own.

I am me.

The person I want to belong to most is myself.

Maybe I just have a few unhelpful, unexamined thoughts, instead of a deep core belief or heavy blocks that need to be moved.

Every moment, I get to create a new start.

It's possible I'm enough right now.

I'm learning how to be my own best friend.

I am resilient / brave / strong enough.

I can let my best be good enough because it is enough.

Being disappointed in myself doesn't mean anything about me.



# Thoughts About Other People

My only job is to love him / her / them.

People who don't love themselves can sometimes have a hard time loving others too.

There's no truer intimacy than letting me see their real self.

No other person on earth can take away my worthiness.

What others think of me is 100% about them.

(death) My loved one is no longer suffering, maybe I can stop suffering too.

(death) My grief is a sign that I love deeply.

(death) The majority of our relationships happen in our thoughts. This means that my relationship with my loved one still lives in my mind.

No matter how this conversation goes, I'm going to love her / him / them. (This includes the other person and yourself.)



# Thoughts About Business

It's possible there are millions of dollars of value in my brain right now.

My life matters now, no matter what results I get in my business.

It's possible I'm trying too hard.

Results are fun and still mean nothing about my worthiness.

I can make a lot of money with a half managed mind.

There's nothing I need from him / her / them, I'm here to serve.

Honoring my calendar feels better than taking a bubble bath.

My results might not be where I want them to be right now, and I can still appreciate how far I've come.

Success rarely goes in a straight line.

I don't really know if it's been easier for him / her / them or not.

To have a business, I have to make clear offers to exchange money for value.

Hoping people will buy does not create a thriving business, it's my job to sell the value of my offer.

My business isn't about me, it's about helping others and living my purpose.

Maybe if I stop trying so hard and make it more fun I can reset the direction I'm going.

Money is created by giving value.

The amount of money I have now was created from my past thoughts and has zero bearing on my future money-making possibilities.

Money is a representation of how I help others.

I can't know if it's been easier for him / her / them or not.

I sell because when people don't pay, they don't pay attention.

I was born to do this.

Self pity slows my business growth down.

When things don't go right, I can give 50% airtime in my brain to what did go well.

When people don't buy, it simply means for me to communicate the value of my offer.



Every time I get a "no" there's an opportunity for me to learn how I need to communicate my offer.

It's possible I think I'm talking about my offer endlessly but there are people who need me to keep talking about it because they haven't heard it yet.

I'm not taking money, I'm giving value.

When I feel like a "slimey salesperson", it means I've stopping thinking about helping someone else and I'm focused on helping myself.

The amount of money in my bank account means 0 about my worth.

Money is only an indicator of the value I'm currently providing.

The amount of money I've made is not an indicator of my future possibilities.

Money in the future is created in my thoughts, emotions, and actions now.

Someone, somewhere needs my help today and it's my job to let them know.

The way I truly help is by making clear sales offers.

Money is only an indicator of how I help others.

My focus in on people who like me and want what I have to offer.

Objections only come from people who want to buy. It's my job to help them see how my offer will help.



# Thoughts About the World

Contrast is what shows me how I want to show up in the world.

Contrast helps me identify what I do want.

Life is for experiences, growth and contribution.

Life isn't meant to be a vacation.

Maybe it happened exactly like it was supposed to.

Every victim needs a villain. I can choose to not feel like a victim.

I can't get broke enough to help someone else feel abundant.

This is the part that feels terrible, I don't need to make it mean more than that.

Although it's not on the news, there is a lot of good happening in the world today.

My suffering won't give anyone else relief from their suffering.

Let nothing take my peace from me.

There's still a lot of good happening in the world today.

Look for the miracles – they are still everywhere.

Things will make sense someday.

Good people exist and I'm one of them.

Maybe I can trust that it is going to be ok.

It's ok to cry, it's ok to hurt, it's ok to be human.

The world isn't always fair and that's OK.

My experience of the world will always be around 50/50. Half good, half yuck.

I can't control the world but I can affect my world.



# Thoughts About Failure

\*Or substitute "mistakes" for failure.

Failure shows me where my work is.

Failure earns success.

I don't have to make failure mean anything other than I am growing my dream result.

Failure means nothing about me.

Failure means nothing about me other than I'm brave.

The better I process failure, the more self confidence I grow.

It's possible this failure is teaching me something I need to learn now.

Every failure gives more information for a better result.

Every single failure is an opportunity to learn, not an opportunity to beat myself up.

When I beat myself up for failing, I slow my progress way down.

I can recommit to learning how to get to the result I want with each failure.

When I suffer over failure, I'm making that failure mean something about my worthiness or my future possibilities.

It's possible that this failure is bringing me closer to clarity.

This failure might be happening for me, not against me.

This failure does not equal my future.

Little daily steps, including failures, equal big shifts.

This failure feels bad, but it's not the end.

Failure is the path to the results I want.

People don't talk about their failures but the more successful they are, the more failures they've experienced.

I have so much to learn by staying open to this.

Nothing has gone wrong here.

It was always going to happen this way for my highest good.

I'm learning that each failure can be a stepping stone.

I'm looking for evidence of my learning through this failure.



Failure does not take away from my worthiness, in fact each one holds the possibility to add more resilience and strength to me. I can hold space for myself to feel disappointed about this failure without berating myself for it.

Failure is my friend. It tells me the truth of where I can improve. Failure makes my future attempts and decisions more powerful. Failure is how I figure out my best path to the results I want. Failure doesn't define me. I define me.

This failure was always going to be part of my curriculum. People who let others see that they failed are courageous and real. I don't beat myself up about failure anymore. I can choose to be proud of myself, even when I fail. Failure never means I'm not going to get where I want to go. Thoughts about self-confidence.

Feeling fear doesn't mean I don't have self confidence. Feeling confident doesn't mean I don't feel uncomfortable, it just means I can feel uncomfortable and do the hard thing anyway. Self-confidence is knowing I can handle the worst that can happen and I can handle the best that can happen too. I'm training my brain to produce feelings of more self confidence more often.

Self confident people aren't afraid of humiliation, rejection or embarrassment. What others think about me is 100% about them, every single time. I was made to do this. Fear of failure equals failing in advance. Fear is not a big deal, it only means I care about the outcome. I am capable.

The worst that can happen is a feeling. I'm willing to feel any emotion. I have my own back. My potential is limitless when I cultivate self-confidence. Instead of feeling shame of a failure, I can see this as a courageous baby step to turn into fertilizer.



# Thoughts About People Pleasing

I do things because I want to, do them, not to get validation, approval or love from someone else.

I can choose a moment of discomfort now over resentment later.

I don't have to "tap dance" so that others like me.

Saying "No" as a complete sentence is brave and I am brave.

I don't have to apologize for saying no.

I'm just a Circumstance in someone else's Equation.

I don't lie to others and pretend I'm happy to say "yes" when I'm not.

When I take my pretending mask off, some might not like it and that's ok.

If someone is going to be unhappy about the way I live my life, I don't have to let it be me.

I want to be liked for the real me.

I don't need anyone else's approval but my own.

It's ok if I change my mind and make a new decision.

I choose the courage of discomfort over the false comfort of pretending.

I'm ok with disappointing other people over disappointing myself.

It's ok if people talk about me, I can't control what they say, I can only control my thoughts, feelings and actions.

I can choose to feel proud of myself for saying "no".

I don't have to get angry at other people's requests, I just have to stay true to myself.

Just because a person makes a request does not create obligation for me.

I am honest with all the people in my life, and especially with myself.

Saying "no" doesn't mean I'm a bad, unkind person.

# Thoughts About Sufficiency

There's nothing I need in this moment.

I have enough right now.

I'm growing my capacity to be, do, and have.

In this moment, there is enough / I have enough.

Right now, I am fine.

In this moment I am O.K.

I am successful now. (Task your brain to show you where you are successful NOW.)

It's possible I have enough.

It's possible if I allow myself to feel success now, it might be easier to create the success I want.

No goal achieved will ever make me feel enough / sufficient, I can do that with my thoughts now.

My life matters now.

In this moment I can feel successful and I create that with my thoughts.

I can find where there is enough right now.



# Thoughts to Help Reduce Self-Sabotage

Self-sabotage happens when we emotionally numb with food, drink, shopping, distraction, or procrastination.

That (eating / drinking / spending / distraction) won't help.

Feeling my emotions is better than the instant gratification of false pleasures.

I can delay gratification for what I really want to create.

What I really deserve is allowing my negative emotions and how I'll feel later when I don't eat / drink / shop to numb them.

Today is the only day I have so I'll stop putting it off for a tomorrow that never comes.

If I continue to say "I'll really start tomorrow", then I never actually start today.

This is me choosing to not "cheat" on my dreams.

I choose the real pleasure I want later vs false pleasure now.

What I really "deserve" is the results I actually want.

There's nothing I "need" in this moment.

I choose to honor my word to myself even though it's harder than eating / drinking / shopping.

I don't know how to do everything, but I can figure out the important things.

I trust I can figure this out and handle any emotion.

I know I'm not perfect but I love and accept myself regardless of my perceived imperfections.

The approval I really want is my own.

Rejection is a part of living bravely, but I don't have to reject myself.

Progress, not perfection.

I choose to fail forward vs fail in advance.

I choose to honor my word to myself.

A tiny bit of discomfort now is better than real discomfort later.

It's never too late to recommit to the results I really want.

Every moment is a new beginning.

I can restart right now.



I do my best with the time available.  
I can only actually do one thing at a time.  
I always have enough time to get the important things done.  
The unimportant things usually resolve themselves.  
I'm going to trust my adult brain and stay on plan.  
It all helps, even the small things.  
This is who I want to be.  
This might feel hard right now, but it's important to me.  
I can find a way to make this fun.  
This is what we're doing right now. (said to primitive toddler brain.)  
These are the small moments of choice where real change  
actually happens.  
Nothing feels as good as honoring my self promises.  
I choose commitment over convenience.  
I choose courage over comfort.  
It's possible I'm taking score too soon.  
I become resourceful when I don't have the resources.  
I'm never behind, I'm right where I'm supposed to be.  
Tiny consistent baby steps are better than no steps at all.



# Thoughts about Creating Change

It's possible that I'm trying too hard to get it "right".  
I'm always making progress, even when I can see it yet.  
I might be making things harder than they need to be.  
All I have to do is make a little bit of progress.  
Little consistent steps equal big shifts.  
I can find a way to make this simpler for myself.  
Sometimes the healing seems to go backward in the middle of  
going forward - I can be patient with myself.  
I don't have to make big jumps, all I have to do is find a little relief.  
It's possible this can be easier than I think right now.  
Maybe this uncertainty is an opportunity to create what I really  
want.  
I can do this in small bite sized pieces.  
I don't have to have everything figured out right now.  
Beating myself up to "fix" myself doesn't actually work.  
I don't have to "fix" myself and maybe there isn't anything that  
actually needs to be "fixed".  
I can do this. It's possible I'm whole and enough right now and my  
inner work is just for fun and stretching myself.  
I will heal, I am healing right now.  
All I have to do is show up for myself a little each day.  
It's possible I'm closer to clarity than I think.  
Healing is worth the work it takes.  
When I slip into old habits of thought, I can celebrate seeing it and  
not use my noticing against myself.  
Maybe I can be easier about this.  
It's possible I may not actually be the owner of "the" truth.  
If I want change, I can begin with what I can control - my thoughts,  
emotions and actions.  
Maybe I can start being that version of me right now.  
All I have to do is show up with curiosity and self-compassion.  
I don't have to do all of the things to have a breakthrough.



I am always making progress, even if I can see it yet.  
It's possible that one slight shift can create the results I want.  
Small baby steps are better than no steps at all.  
It's never too late, there is time for me to be happy and whole.  
It's ok to be afraid... just don't let it paralyze you.  
I don't need to change, but I can experiment with thing I want to change.  
The longer I wait to begin, the longer the results I want take.  
Everything I want will be easier to create from a place of self-acceptance and self-compassion.  
Just because I stop beating myself up does not mean I won't go for my goals, it only means I'll stop suffering on my to creating them.  
I can like / love / accept myself and still want to create different results for myself.

