

DATE _____ DAY _____ TIME _____

I am journaling today to cultivate habits of thought that will deliver my ideal day.

What do I like about myself, my life and the people in it today?

1. _____
2. _____
3. _____
4. _____

What good things am I expecting and preparing for today (or tomorrow)?

1. _____
2. _____
3. _____
4. _____

Looking over all that I have planned for my day, what would be some ideal outcomes?

1. _____
2. _____
3. _____
4. _____

What did I do right in the last 48 hours?

1. _____
2. _____
3. _____
4. _____



WELCOME!

Thank you for purchasing this **Customized Explorations Magnet Series Journal**. We are delighted to have the opportunity to serve you on your path to becoming a more deliberate creator in your life.

Much of the world we live in today operates as if the circumstances we experience are reality—“God put us here, and our job is to learn to deal with our circumstances, do something to change them, or learn to accept them.” But we now have considerable evidence that our thoughts themselves are creative, and that we have much more to do with the reality we experience than we may have thought in the past. In fact, most of what we experience in our everyday lives is a culmination of our previous patterns of thought. This knowledge is both frightening and liberating. Spiritual teachers have talked about this, quantum physicists have proved it, and because you are holding this Journal, you have probably experienced it for yourself.

Unfortunately, because the world is drenched in the idea that we can only influence our reality by “doing,” we don’t have a lot of training in using our thoughts—which are far more powerful than anything we do—to influence our experience of reality.

The Law of Attraction is what makes our thoughts so much more powerful than our actions. It’s always at work in our lives, accessing our thoughts to manifest or create the reality that we experience. And every thought that we think each moment is paving the future we are moving toward. The **Customized Explorations** approach is designed to provide a structure for learning how to take full advantage of this powerful process.

A few important things to remember as you embark on your practice

The **Customized Explorations Guided Journaling Practice** is based on the idea that our thoughts are creative. Thoughts give us our feelings, these feelings trigger our actions and our actions translate into the results we have in our lives. Because this process is automatic and happening all the time, spending a few minutes each day being intentional about what you want to create really works.

Our Practice uses **exploration, journaling, repetition** and **feeling good** to alter and expand, over time, what we attract into our lives. Exploring the Journal questions for about 15 minutes a day (any time of the day) creates momentum—just like a snowball rolling down a hill gathers mass and speed.

The questions in your Journal will have you be on the lookout throughout the day for opportunities to be a magnet for what you want—even when you are not journaling or thinking about it consciously. Answering the questions will begin to direct your thoughts. It's a little like deciding to buy a red Volkswagen. Suddenly, you start to see them everywhere. Red Volkswagens were always there, but your intention to buy one shifted your thoughts such that you began to notice them.

Here's how the process works:

- **Exploration**, via our carefully crafted questions, allows you to reawaken your capacity to dream and to see what else is available. This step has you look beyond what you already know and in places you may have overlooked. The questions are designed to re-tune your radar so that as you scan your life you see more of what you want and like about it. In short, your journaling will rehabilitate your ability to want by strengthening your capacity to appreciate, simultaneously melting away any doubts you may have about getting what you want.
- **Journaling** allows you to translate your thoughts into language, creating clarity and direction. When your mind is engaged in the writing process, it's easier to stay focused longer. More importantly, stating your intentions in writing gives both you and the Law of Attraction a clear roadmap.
- **Repetition** opens up the exploration, having you look deeper and in more places for what you want. This gives energy and mass to the manifestation process, creating new habits of thought.
- Lastly, **Feeling Good**— the most important part of the process. Each question in your Journal is designed to have you look for and at what makes you relaxed, happy and appreciative. This is the optimum state of allowing, because when you are in this state, there is no struggle. You are not resisting anything, so what you want to produce can happen with ease.

Over time (usually about 30 days – but feel free to do more), the combination of exploration, journaling, repetition and feeling good creates new habits of thought which give new feelings, leading to new actions and new results. You will be surprised and delighted at what you discover.

Tips to get you started

1. Use the intention at the top of each page to prepare you for your daily practice. As you get ready to use your Journal, think of each question as a workout to build muscles for new habits of thought. As with any exercise done regularly, over time your journaling practice will improve your ability to bring clarity to your desires and attract more of what you want. So, at least four times a week pick up your Journal, turn to a fresh page, read the intention and respond to each of the questions. Whatever you write is perfect! There is “no pain” to this “gain.”
2. Give up knowing: As human beings, knowing how things, people and life are is comfortable, but confining. It's far more effective to be like an empty rice bowl—bringing no preconceived notions or ideas to your journaling practice.
3. Relax and let your thoughts bubble up. As you explore what you want, be like a child with a magic wand and trust that just identifying what you want brings it closer to you. Answers to

the questions will come, and you will be surprised at what you discover when you just hang out in the inquiry for a minute or two. If you feel stuck, refer to the Explanation and Guidance section located at the front of your Journal. Be sure not to edit your responses--the most important thing is to get your thoughts out into the world so that the universe has clear instructions!

4. The layout of the Journal pages is designed to keep your practice fluid and moving. Remember, each journaling session should only take about 15 minutes unless you choose to spend more time. There is open writing space on the back of each page and more lined writing space in the back of each Journal for deeper exploration.
5. The questions ask you to think in terms of “today,” “recently” and “in the last 48 hours.” This is intentional and designed to have you start to reshape your thinking in the *now*. You’ll notice that a lot of what you like and want to see is happening right now.
6. Remember, this practice is more about noticing than doing, but if you feel a natural opening to take an action, by all means, take it.

The game is to get your attention as much as possible on what you want and why you want it, while enjoying the ride to getting it. Take the gift that each 15-minute journaling session provides to unearth the creator in you that has been waiting to be expressed!

EXPLANATION AND GUIDANCE

FOR THE QUESTIONS IN YOUR JOURNAL

I am journaling today to cultivate habits of thought that will deliver my ideal day.

Question 1: What do I like about myself, my life and the people in it today?

The first question is designed to have you look around in your life right now for the things that you like. We use this question as a warm-up because it is incredibly effective at getting you into a space of exploration, appreciation and, if you allow it, elation. This is an opportunity to remember daily all the things, large and small, that you appreciate about your life.

Acknowledge everything, from how much you enjoy your home or a good cup of coffee to the difference you make and that others make for you.

As you explore what you like about your life right now, jot down at least four things. This exercise will not only make you feel good and appreciative in the moment but will also increase your capacity to maintain an appreciative state throughout the day.

Question 2: What good things am I expecting and preparing for today (or tomorrow)?

Take a moment to bring to the foreground of your thinking what you are expecting from life right now. Answering this question is your opportunity to get clear about the future you are expecting and to call your attention to the actions you are taking in preparation for that future. What's more, our thoughts fuel the creation of our reality. So, by noticing what you are expecting, you create an opportunity to alter your expectations and therefore alter the results.

When we hope for the good while expecting the bad our actions are more like a shot in the dark. It's another thing entirely to take inspired action in preparation for good things you are expecting. Also, notice how prepared you are to receive these good things. As you journal about your expectations, remember that anything—from expecting your client to pay your bill with complete satisfaction and delight to expecting to get a restful night of sleep—is fair game.

Question 3: Looking over all that I have planned for my day, what would be some ideal outcomes?

This is your opportunity to envision your preferences in life. Take a look at your meetings, grocery store trips or your drive home from work. What would you like to hear people say to you in the meeting, what would make grocery shopping delightful, how many green lights would you pass through on your way home? Think about and write down what would be ideal today.

Getting comfortable with your preferences is powerful because it has you honor yourself at a deeper level. It's not about being selfish. You may or may not get your preferences met, but by being conscious of what they are, it's more likely that they will be met. In many cases, you

only need ask. The important thing to remember is, when things are working for you, you work better for others. Taking care of you is the opposite of selfish.

Question 4: What did I do right in the last 48 hours?

This question is designed to have you acknowledge and appreciate what you have already created as evidence that you can influence how the day goes for you in the future. Look both for things that you unquestioningly did right as well as what you could declare as right. Don't overlook how you have taken care of yourself and others. Include anything from flossing your teeth to a major accomplishment at work.

Exploring this question will fortify your understanding of the role you play in having your ideal day. When problems come up, they tend to dominate our thoughts. Keeping your attention on and savoring the victories you have won, large or small, maintains balance and perspective.

Open writing space: How would today go if it were all up to me? Script it!

Often there are parts of our plans that we just know are going to be difficult. The problem with "knowing" is that certainty is very creative. The things we are convinced will be hard actually do turn out that way. This happens not because the task really is hard (the way a diamond is hard), but because we make it hard.

As you review the actions you plan to take over the course of your day, look for those you think will be difficult and imagine each activity being easy. This could be anything—a conversation you are nervous about having, or meeting a pressing deadline.

Really let yourself go nuts here in this space, about anything you want to create. When you get clear about what would be optimal for you, you naturally become more intentional about having it. This provides a real advantage, as most people don't think much about how they want things to go in life. If you are crystal clear about what you want in a world where others are focused on what they don't want, guess who gets their dreams fulfilled?