

MY EXPLORATION

This was my Chinese finger trap: How could I want, and joyfully expect, things unseen when what was right in front of me was not what I wanted but was begging for a reaction?

What I discovered from my new practice was that I have much more success when I'm having fun at work. I also saw that it is possible to **create** from a state of discomfort and frustration—we do it all the time and are sometimes even successful at it. But what could we create if we were operating, more of the time, from a state of satisfaction, fulfillment and joy?



THE LAW OF ATTRACTION AND FEELING GOOD: HOW (AND WHY) THIS JOURNAL PROCESS WORKS

Using this journal gives you practice in deliberately focusing your thoughts on what you like and want. Through a daily practice of responding to the questions, you'll begin to be more aware of the little things that give you pleasure in your life and you'll notice yourself feeling better and better.

When you are in a pessimistic state of mind and enthralled with being upset about what you don't have—in love, for instance—what you want could literally be staring you in the face but you won't see it. Cultivating an affirmative habit of thought keeps you accessible to what you want and continues to reinforce itself.



THE NUTS & BOLTS OF USING YOUR JOURNAL

The definition of **exploration** is “the investigation of unknown regions for the purpose of discovery.”

Don't “beat yourself up” or give up if you don't use your journal as frequently as you intended. Journaling is a practice, and practices get built over time. Research indicates that only 20 percent of people permanently develop a new practice during their first attempt. Most individuals take six months of purposeful action to fully develop an activity as a practice.

