

Journal (sample)

Journal on your day. To help you become more aware, you can place a plus (+) next to the thoughts, actions, and situations where you were moving toward the facet of your One Decision and a minus (−) next to where you moved away from it.

Day 15: Way of the Heart

I was surprised to see that I resented today's assignment. I looked at paying attention to my emotions as a pain. I guess I think paying attention to my emotions is not important, what's new? Dad was always angry and Mom cried. I did not like either. Escaping to my room seemed better. I guess that's what I did today. Watched TV most of the night and didn't call Peter to talk. − I'm still not sold on this. I can see some use but, wow, this seems extreme.

I'm going to have to talk to my Ally group about this. + At least I did tell my assistant how angry I was about the new policy of getting sign offs on messenger service use. + Big deal, ugh.