

Instructions:

1. Select or purchase a "special" notebook or journal to be used just for this purpose. This is all about you understanding how special you are, so the notebook is a good start.
2. Familiarize yourself with the program, make any changes in order to make the program more specific to your goals (feel free to contact me with assistance on this)
3. Set a goal or intention for each day - something you can refer to at the end of the day. Then enjoy your day!
4. In the evening, journal your comments on any or all of the steps to the program. Some may not feel that they apply to your specific day. For example, if you had a terrific day, you may not notice that you took any baby steps, all steps may have felt like leaps of joy - yippee!

The Program

1. Learn to allow baby steps; they are more permanent. Also acknowledge baby stretches. Do this without judgement (no but-I-should-have's...!!!) and acknowledge the value of each step you took. Give yourself lots of credit for the your accomplishments of the day.

Note: This may, at first glance look like an ego trip. Please understand that low self-esteem and low self-worth lock you very tightly in your ego. As you accept your self more and more, you broaden and deepen. You become more capable of compassion and love and acceptance of others. You become less judgmental, more positive. With this, your ego focus becomes less and less as you move into your heart more and more. A greater sense of Self will emerge.

2. Be grateful for things specific to yourself and not judged against others.

Note: We each have a crack or two in our perfection (we are still perfect individuals). What may be a significant achievement for one person, may not warrant a thought from another. For example, it may be easy for an "average" person to take a walk or to go shopping. But for a person with sensory stimulation problems or with chronic fatigue, this would be a significant event. Judging yourself, using another as a marker, is a guaranteed act of division. Someone (or something) has to be perceived better than the other in order for there to be judgement. And the person doing the judging always, at some level, feels disconnected. There will be suffering.

3. What did you see today? What did you hear today?

Note: This is a very simple but an amazingly grounding exercise (also good for the memory). Once you are familiar with the program, you will be surprised to notice how much more present you will be once you hold these two questions in your awareness. Remembering that you will be journaling about the things that you saw and heard during the day (or just listing them) can become a fun game of awareness. You can also add things felt to this exercise. For example, your list may look like this, When I woke up I SAW that the sun was just beginning to rise, I HEARD a car drive by as I made my way to the bathroom to brush my teeth. It FELT very refreshing to brush my teeth, etc.

4. Learn to set realistic goals, not quantum ones, and set these goals appropriate to how you are feeling that day.

Note: Some key words here are "that day." All of us feel different from day to day. This will be especially true for those on any type of recovery or healing program. Setting realistic goals assures positive self esteem and does not set yourself up for defeat and disappointment. Don't worry, you aren't going to get lazy or self centered. Feeling good about yourself results in quite an opposite effect.

5. Practice non-judgement, practice not comparing yourself with others, practice seeing each day as new. What was different about today?

Note: For many experiencing depression, or a long term challenge, each day feels like more of the same. Answering the question "what was different about today" (always answer in the positive) will begin to break that pattern of thought. As you practice you will begin to realize that each day contains amazing possibilities and that each day brings with it something new. Your life can be changed in a nano-second! I can almost guarantee that this has happened to you many times during your lifetime. Might be fun to write those down sometime. Personally, my current professional life was forever changed (in a very positive way) by one phone call I received on 6:30 one Tuesday evening. Being present and aware of these miracles will bring a sense of awe to your life, and that's just plain fun!

6. What are you really wanting? Become gently aware of the things in your day that didn't feel so good. Then flip it around in your journaling. For example, if the bank teller was a bit grumpy, then journal on how much you enjoy friendly helpful people in your life.

Note: Flipping the "negatives" in your day gives you a very clear picture of what you are truly wanting in your life. It also changes your perspective and the way you think. It turns the focus of your day into a more positive one. Now don't go hunting for negative things to journal about (smile) but if you have any, then flip them!!

7. Gently, and with no judgement, look back on the day and briefly reflect on what you could have done better. At the same time (this is very important) acknowledge that, even while looking back on things and noticing the things you could have done better, at the actual time, you did the very best you could.

Note: No arguments on this one. If you "could have done better" you would have. That's the way I look at things anyway! With this exercise close your day with gratitude. Your day is complete. Journal any other thoughts that may be on your mind, so your mind is free and clear for a good nights sleep and open to the newness of the following day.

This program is dedicated to my precious husband, Kevin, who gave birth to the original version of this program as a part of my own healing journey. I still use it to this day as I continue healing and growing. It is to be shared by all for personal use, but is the property of Trinity Healing Arts LLC and may not be reproduced for commercial use without the permission of Trinity Healing Arts LLC.

Thank you.

Trinity Healing Arts LLC

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***A note on grounding:**

Being grounded is a really good feeling. It is a place of safety, which, when one is grounded in their hearts and therefore in Self, true safety and stillness can be found. If you or anyone you know isn't grounded, there usually is a really good reason why. You/they need to have something to ground to and you/they have to know that it is safe to ground. This lack of stillness goes quite unnoticed in our fast paced society in which multi-tasking is the norm and actually encouraged in many environments. Many are literally running through life, trying to stay a head of those ideas and beliefs accepted, mostly subconsciously, early on in their lives. It is a type of "default" way of moving through their world. Now to the logical mind choosing to run and remain ungrounded makes no sense. When one is ungrounded they are living "at the effect of" just about anything that is a trigger for them. Helping someone ground and bringing them safely back into the present is the greatest gift we can give anyone. An unsettled person will immediately settle (to what extent they are able) in the presence of a grounded person. Gradually, over time, the unsettled person will entrain to the grounded, clear person. Not much else needs to be done if one is wanting to assist a person in this process. Exercises such as the above will help a person become an active participant in their own healing and grounding. Feeling safe is a very basic need that all of us have. The need for safety can be expressed in every conceivable way, so having this basic understanding will be so helpful as we extend compassion to each other. Each and every moment, every one of us is trying to feel better. Don't be fooled by what it might look like. From this understanding, extend compassion to all you meet. Be there with an open heart should someone need your guidance on their journey back home to their heart.

Love,

Sierra