



RIDE THE WAVE

Journey to Peaceful Living

JOURNAL

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Ride the Wave

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Journal

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Introduction

Congratulations on making a quality decision to begin the process of journaling. This is a 56-page journal and would be used most effectively if you printed it out and stapled it together. I know it's a lot but it is little steps like these where you have the opportunity to prove to yourself that you are worth it and that your growth is important. So don't think too much about it and just click the print button.

As I have discussed in *Ride the Wave*, it is a very important and often overlooked part of any personal growth program. But I assure you, if you make a commitment to doing the work, journaling is a very rewarding and insightful process. Like exercising, learning to journal is not a means to an end, but a process that you can use throughout your life to help you trust yourself more, to uncover hidden thoughts and feelings and to resolve, within yourself, many of life's challenges. Journaling is a way to work from the inside out, which is the key to riding the wave.

The message I most want you to understand is this: Life is like a seed. You must plant on the inside what you want to see on the outside. You must be patient and water it, and carefully prune it in order to get the results you want. Just as you wouldn't plant a seed and look for a sprout the same day, neither should you expect this from journaling. But your journal is your garden where you can plant the seeds of thought, desire and intention that you wish to see on the outside and uncover those weedy thought patterns that you want to uproot as we will discuss later on in the book.

This *Ride the Wave Journal* is meant as a spring board to a life-long love for writing. Many of us did not learn to write in a way that was comfortable or enjoyable, so we have avoided doing it. Whether it is not your inclination to write in a journal or you think you don't have time I would encourage you to set those thoughts aside and at the very least complete this journal. All it takes is 20 minutes a day, 5 days a week to make significant change in any area of your life, so make a commitment to do just that. Go at your own pace. If that means you answer 1 question a day. That's fine! There is no rush to complete it, because there is no finish line, and no one to compete with.

Answer the following questions to determine whether this process is for you.

- 1. Do I desire personal change in some area of my life? YES NO**
- 2. Am I angry, frustrated or stressed-out more often than I would like? YES NO**
- 3. Do I want more peace, more happiness and less conflict in my life? YES NO**

If you answered 'YES' to any of these questions then you could gain a lot of benefit from making a commitment to journal each day. Make yourself and your growth a priority and you will see that overtime you will make significant progress towards your desire for a more peaceful life.

Before you begin write out the thoughts that may try to prevent you from journaling. (ie. I don't have time, this isn't for me, I don't know what to write, I don't think this will work....) I am sure you can think of at least 2.

1.

2.

First I want you to know it is normal to have these thoughts. All of us do from time to time. But where we can run into trouble is allowing them to prevent us from changing. Not only do we continue to get what we don't want, but we also become more rigid and stuck in our ways when we don't try new things. Now that you see these thoughts for what they are, resistance to change, you can kindly set them aside and try something new.

Use this journal as a companion to the Ride the Wave: Journey to Peaceful Living book. It follows the questioning at the end of each chapter under the subheading Dive a Little Deeper, and gives you space to really write out your answers.

My hope is that you will enjoy journaling as much as I do and that you will deepen your understanding of yourself in ways you never thought possible. Make time for you each day and soon you will see the person you are is wonderful, beautiful, fantastic and smart. You will trust yourself more and will be able to recognize, validate and express your feelings to others in constructive and confident ways. May peace reign in you starting today!

Turn the page and begin with Chapter 1. Work your way through page by page at your own pace. If you need help or get stuck, please feel free to post a question on my Facebook Page www.facebook.com/uofmoms or www.facebook.com/aprilslifecoaching.com. I will answer it! Enjoy the process.

Riding the Wave With You!

April O'Leary
Life Coach and Founder of UofMoms.com

If you have a group and you would like me to lead this 8-week course for you the flat fee is \$800 for an 8/week course. You may split that between your group members. Please contact me to schedule. I can come to you if you are in Southwest Florida or I can host it virtually through my tele-seminar system online. Email me at april@apriloleary.com for more details.

Chapter 1

You Can Be Reaction Free

If I were to be honest, on a scale of 1 to 10, 10 being a lot and 1 being a little, how often does anger disrupt my life? What areas is it affecting? Explain why you gave yourself this rating.

"We are all doing the best we can with the knowledge we have." Think about this quote. Write a letter to yourself offering encouragement for where you are now and your willingness to gain more knowledge.

Take 5 minutes and write about what you really want your life to look like. How would you be maintaining peace on a daily basis? Using this information set an intention starting with, "I am..." setting the goal of where you hope to be. An intention is a statement of what you want in the future phrased in the present tense. Ex. I am a calm, happy and patient woman who enjoys life.

Get a notecard and write out your intention. Post your intention on your refrigerator, put it in your wallet or place it somewhere you can read it often. Bring it to mind frequently.

Chapter 2

Take Care of You First!

Why do I consistently over-commit myself?

Why am I afraid to say 'no'?

What can I do to start clearing off my schedule, and do I really want to make a change?

What is holding me back from taking care of myself first?

Chapter 3

Ride the Wave

What physical signs do I experience when I feel a wave of emotion coming on? Does my stomach tie in knots? Does blood run to my head? Does my heart begin racing?

How can I use these signs to step back and slow down?

What strategies can I see myself utilizing in these moments? Cooling off in another room?
Taking a walk? Counting? Be specific so you have a plan!

Chapter 4

What Triggers You?

Do I notice any patterns when looking at my list of triggers?

How do I feel about finding them, excited, overwhelmed, discouraged?

If I were to be honest with myself, how does it make me feel to know that most of what I am reacting to comes from inside me because I am allowing myself to be triggered?

Chapter 5

Look Under the Rug

Make a list of possible events that you have a gut feeling you haven't truly dealt with yet. Some keys to notice are the feelings around them may be shame, guilt, anger, resentment or fear. Could it be abuse, divorce, bankruptcy, abortion or death?

What are the feelings that come to mind for you? Name them.

What benefits could come to you if you were able to forgive these events or people?
What is the benefit to you?

How would you feel if you were able to resolve them?

How do you plan to deal with your submerged emotions?

You must do something to actively release your submerged emotions. Time does not heal anything. Don't just ignore it; do something. What is it going to be? Make a commitment below...it could be the commitment to continue on this path, to keep journaling or to seek professional help if you feel it is necessary. In order to move past it, realize you have to do something.

Chapter 6

Cross the Bridge

Who do I most regularly get upset with? My spouse? My children? My boss? A friend?
What is it that they do that most upsets me?

Can I identify any attitudes or actions that I have contributed to the problem? Even if only 5%? Am I overbearing? Do I nag? Am I passive-aggressive? Am I so over-booked and hurried that others can't keep up with me? Am I too opinionated?

What are the benefits of taking greater steps of ownership? How does the scale tip favorably my direction the more responsibility I accept?

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Chapter 7

From Judgment to Acceptance

How do I feel about the possibility of trying to accept what I cannot change?

What would prevent me from taking steps to release judgment? Can I overcome these hurdles?

What would life be like if others stopped judging you and criticizing you? How can you do the same for others? Remember you must be the one to first sow the seeds of peace.

What words would you use to describe someone who allows life to happen, who is non-judgmental and who can accept you for who you are? Can you think of anyone you know or any leader who exemplifies these traits?

What benefits can you see that could come to you and to the relationships you have if you were to live this way?

What spiritual exercises, quotes, books or communities might help you on this path? Are there any people who could help you?

Chapter 8

Put On Your Glasses

Upon looking back over the reasons why you are triggered, which seemed to apply most often to you?

Why do you think so? Explain below.

Write about a time when you reacted, and specifically identify the patterns that were in play during that situation.

What is the purpose of recognizing these root causes of reacting, and how can you slow down and observe them?

BONUS QUESTION: How does it feel to think about detaching from these roots? How can you relate this to weeding a garden?

Chapter 9

Be a Fly on the Wall

Describe the benefits of being a fly on the wall. Do you feel this approach could help you? Why or why not?

Describe in detail the things a 'fly' would or would not think and how they would or would not act as an observer.

In what ways specifically does this action or non-action create peace in the observer and in the situation?

What concrete reminder can you create to help you remember to observe before acting?
Hint: Maybe you can make a fly and tape it on your refrigerator.

BEFORE YOU GO ON, CHECK IN WITH YOURSELF. HOW DO YOU FEEL SO FAR? TAP INTO YOUR INNER DIALOGUE AND SEE IF THIS IS RESONATING WITH YOU. WHAT CHALLENGES DO YOU SEE ON THIS JOURNEY? WHAT BENEFITS ARE YOU EXCITED ABOUT? WHAT QUESTIONS DO YOU HAVE? TAKE A MINUTE TO DO A GUT CHECK AND WRITE YOUR ANSWERS BELOW.

Chapter 10

Keep the Momentum Going

Write your own definition of presence.

List three benefits of exercising your muscles of presence daily. How would it make you grow or change in positive ways?

Review all the possible ways you could exercise their muscles of presence, as listed above. Can you think of any others? List them.

Circle the two that seem most relevant to you. Would you like to learn to meditate? Do you want to make a regular practice of journaling? What about yoga or walking? What about finding a positive group, in your community or online, that you can be a part of?

How do you plan to incorporate these two things into your daily schedule? Who will be of help to you?

Chapter 11

Resist or Allow?

Write for 20 minutes about how life could look if you were able to live with peace, no matter what was going on around you. How would you feel? How would others around you respond to your change? Dream about what you can create simply by changing your approach to life.

Read back over your writing and see what stuck out for you the most. Write that on a card as an intention and look at it each morning when you wake up. For example: "I have peace of mind at all times and the world around me is a safe, happy and enjoyable place to live." Make sure to phrase your statement in the present, not the future tense. Keep that card in your purse or where you can reflect on it often.

Chapter 12

True Happiness

BONUS: What things do I want to happen that I feel would make me happier? List them below.

BONUS: What items do I want to have that would make me happier? List them below.

BONUS: What is ultimately preventing me from being happy now?

BONUS: What is breaking the illusion of happiness?

BONUS: How can I start to use the word 'prefer' in place of 'need' to break the illusion of happiness?

This completes the Ride the Wave Journal. I trust you have benefitted from the process. I would encourage you to continue to journal as a tool for growth throughout your life. Now that you have the momentum going, keep it up. Just like starting an exercise program is harder than maintaining one, journaling is most easily kept up as a habit.

If you haven't already please visit my website and check out the live tele-course that I offer which covers this book in an 8 week course. It is interactive, you'll meet others like you and you'll work with me personally. I look forward to meeting you by phone and online in our private Facebook group that is a benefit for all class participants. Congratulations on taking the time to start the process of change...with you. Remember to 'Ride the Wave'.

Riding the Wave with you!

April O'Leary