

JOURNAL *riffic*

**Turn Your Pain Into Purpose With
4 Steps of Discovery**

Carolyn Calton



Dedication

To my children and grandchildren.

May they always shine the bright light of their positive INfluence.

Also to Helen Imbach

who was the first person to encourage me to write a book.

Disclaimer: This information is provided only for educational purposes and is intended to be an aid in personal introspection and positive growth. It should never be considered to be a substitute for medical or professional care.

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Introduction

Turning Pain Into Purpose

Whether you grew up in an intact family or were born into a family that feels broken and full of destructive tendencies and influences, I think we can all agree that somewhere, deep inside us, there is a desire to leave our life story better than we found it. Somehow, each of us wants to know that our life has meaning and purpose and that our personal existence makes a positive difference in the world.

Noted psychologist and family therapist, Dr. Carlfred Broderick, acknowledges that some of our families are “drowning in sickness and sin.” He believes that some individuals are born into such family lines in order become the means of helping to end “generations of ugly, destructive, family relationships” so that “downstream from [their] purifying influence, every generation would be blessed.”¹

I agree with him.

Even today, I acknowledge, as he did, that many of God’s children suffer innocently as a result of the toxic, pernicious choices of others. It is my belief that countless men and women desire to do whatever it takes to make sure such poisonous actions stop with them so that other individuals in their present-day life and those who are born after them will not suffer. No matter our heritage, one way or another, we all seem to learn **who we’re not**, before we remember our innate, inner worth and learn to elevate our thoughts, attitudes and actions to be in alignment and harmony with **who we really are**.

Good men and women of all ages and circumstances have caught the vision of doing their part to the best of their ability to improve and heal the negative influence of their own less-than-ideal thought patterns, habits, limiting beliefs and unproductive family patterns in order to avert problems that can lead to depression, discouragement, despair and despondency. They mass their inner strength to meet their challenges head-on in an effort to have a positive influence on those they love and those within their sphere of influence. I call men and women who strive to create positive change in spite of the odds TODAY's ChangeMakers™.

Living as one who creates positive change in spite of sometimes daunting challenges can easily become an undergirding *purpose*, a guiding vision, for all who continue to walk the path of life. Those who seek to share their own unique gifts and talents with full purpose of heart while rising above obstacles are, indeed, TODAY's ChangeMakers™. The ripple effect of igniting positive, purposeful action ends up affecting countless people. Being TODAY's ChangeMaker™ adds meaning to life. The favorable influence that is begun and fiercely clung to and retained in this generation can extend through generations of time.

Even though you may have other specific purposes in your life, I invite you to answer this question for yourself, "Are you TODAY's ChangeMaker™?"

Your stories and experiences, as recorded in your journals, can document the hard times, yet keep the vital, refining traits alive that you acquired in the process of climbing each mountain of difficulty and then experiencing the glorious view from the top. You're learning what it takes to be inwardly successful: courage, steadfastness, honor, humility, grace and so much more. These characteristics lift you and can inspire others to continue through their own valleys of life.

Dennis B. Neuenschwander reminds us, "Bridges between generations are *not built by accident*. ... That which I do not in some way record will be lost at my death, and that which I do not pass on to my posterity, they will never have."²

Whatever your circumstance, not one of us has been exempt from experiencing sorrow as well as happiness and pain as well as pleasure. Reflecting on your life's experiences and choosing to consistently write in your journal about the good times will help preserve the sweetness, fun, thrill, adventure and excitement in life.

On the flip side, making conscious efforts to turn your pain into your purpose as TODAY's ChangeMaker™ is more challenging in many ways, yet it is a worthy goal that I'm prepared to help you implement.

By using the JOURNALriffic™ *4 Steps of Discovery* as a guide, you will be taking the steps needed to create and maintain positive, life-enhancing change in your life. You can use your journal as your own form of history-in-the-making. It can become a written record of your commitment and efforts to leave life better than you found it. These steps will enable you to emotionally process your thoughts, feelings, attitudes, actions, values and beliefs in order to see the interactions and events of your life clearly. With clarity, you are perfectly positioned to choose the best course of action for yourself. You will use your inner wisdom as a guide for making better and better decisions in your present moments—while allowing your guiding purpose as TODAY's ChangeMaker to propel you forward. The JOURNALriffic™ Method, called the *4 Steps of Discovery*, will help you zero in more specifically on those things you want to improve upon, so you can leave a living legacy of rising above obstacles in order to create positive growth in this generation.

A Word of Caution

As you proceed, make sure your own thoughts don't sabotage you. Too many negative thoughts and feelings can block your efforts to create positive change. Not every thought that comes into your mind originates from you. We are influenced by both seen and unseen forces for good and for evil. The thoughts we allow to remain in our minds will lead to actions that either help or harm ourselves and others. They will either strengthen or weaken us.

Notice specifically what you are thinking that drags you down or blocks your progress, and then challenge your thoughts. Ask yourself questions like, "Is what I'm thinking *good*? Is it *uplifting*? Is it really *true*?" If not, discard the thought and pursue your life's purpose and highest priorities so that you are not sidetracked from your life's mission and purpose to uplift and bless, and help, not hurt others. Use your journal entries, and put yourself on mental alert as you free yourself from endlessly participating in an unhappy or frivolous, hamster-wheel life that goes round and round yet gets you nowhere.

Also, be cautious not to get sucked into the trap of thinking or feeling that you cannot progress until you overcome *all* your false or mistaken beliefs. Keep your focus on achieving your highest potential as you direct your efforts with enthusiasm toward creating positive change. Address thoughts as they come up as a result of your *present* experiences. The idea is to turn your weaknesses into strengths. You will come to understand *who you really are* in the light of the truth that no matter the past, you are not your history, and you create your life in your present moments. Each day is a new beginning and holds countless opportunities for enjoyment, peace and the satisfying rewards of unselfish love.

Dr. Ronald Newsom gets right to the bottom line of defining who you *really* are when he says, “You are a good, unique person, endowed by your Creator, with sovereign power to act as a free, independent agent.”³

You have the INtrinsic, God-given power to act and not be acted upon. Using that power to move quickly through the process of aligning your thoughts, feelings and actions with your INnate, INdividual worth and igniting the power withIN you ignites the power of generations and provides far-reaching benefits. As you stay actively engaged in leaving your life story better than you found it, the more your doubts, insecurities, limitations and fears will diminish and you will proceed with vigor on the path that enables you to contribute positively to the lives of those around you.

"Hurting people," hurt people. People who have been hurt or harmed can become victimizers *unless* they make conscious decisions to learn a better way of living. *"Fearful people"* hide who they *really* are. They hide their true self rather than embracing and making choices from their true identity as someone who is full of potential and who has a lot of hope, peace, light and talents to offer themselves, their family and the world. Each of us is somewhere on that broad spectrum.

It is my hope that you will benefit from this method of journaling so that you can extend your positive influence toward others in such a way that you will feel great satisfaction while taking deliberate action steps to experience more joy as you proactively create lasting happiness.

So Many Kinds Of Journals. So Many Reasons To Write.

Daily journal writing, the JOURNALriffic™ way leads to

- Positive self-development
- Healthier relationships
- Confidence
- Less stress
- Greater peace of mind

ARE YOU READY?

You will need

- The tool
- The self-talk
- The commitment

Do you have the them?

- The tool is a journal.
- The self-talk is developed by taking the JOURNALriffic™ Challenge and using the JOURNALriffic™ Method, also called the *4 Steps of Discovery*.
- The Commitment is the JOURNALriffic™ Commitment.

Keeping your commitment is the LIFE-CHANGING part!

What is JOURNALriffic?

JOURNALriffic™ is a terrific way to help you change your life for the better TODAY, and the ripple effect can positively INfluence your loved ones in THIS generation and those yet-to-be born. It can help you to keep hope kindled in your heart and mind and can help you move forward—even during times of distress.

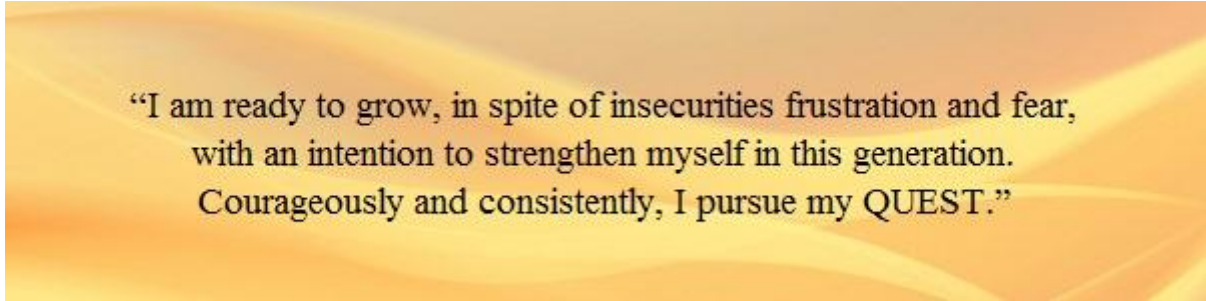
As stated before, JOURNALriffic™ is a method of journaling that comes with a challenge and a commitment.

The JOURNALriffic™ Challenge

The JOURNALriffic™ CHALLENGE is to write a record of daily events and the personal growth resulting from those experiences.

Daily journal writing, the JOURNALriffic™ way, can steadily and consistently assist you to boost the power of your own positive influence. Some welcomed outcomes include renewed hope, increased insight, fine-tuned perspective, improved meaningful relationships, and laser-focused access to the possibility of additional personal peace—just to name a few. Ask yourself, “Is it worth using a few minutes *today* to be able to enjoy the benefits that JOURNALriffic™ writing can bring?”

The JOURNALriffic™ Commitment

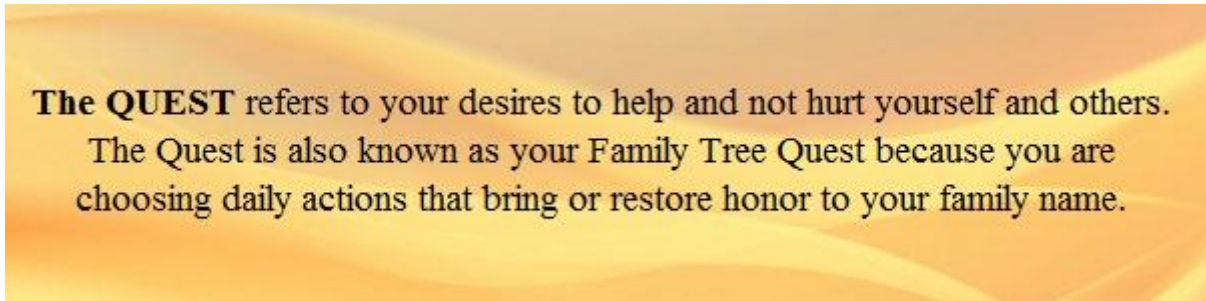


“I am ready to grow, in spite of insecurities frustration and fear,
with an intention to strengthen myself in this generation.
Courageously and consistently, I pursue my QUEST.”

This commitment includes the letters that form the “riffic” portion of JOURNALriffic™. I will write in my journal daily because I am

R-eady to grow
I-n spite of insecurities,
F-rustration and
F-ear, with an
I-ntention to strengthen myself in THIS generation.
C-ourageously and consistently, I pursue my QUEST.

The Quest



The QUEST refers to your desires to help and not hurt yourself and others.
The Quest is also known as your Family Tree Quest because you are
choosing daily actions that bring or restore honor to your family name.

You are determined that no matter what situations and circumstances you have inherited, you recognize that by your own daily choices, you can bring dignity, trust and respect to your family name and make a difference for good in the lives of others. Therefore, your quest for personal improvement can also be referred to as your Family Tree Quest—to which the JOURNALriffic™ concept is a perfect partner. It is the idea that as you strengthen yourself in THIS generation, you create a positive influence in your entire family line (your ancestors and descendents).

Are You Today's ChangeMaker™?

If you feel inner yearnings to fortify yourself against the onslaught of challenges that come from living in today's fast-paced world, and you are determined to create a brighter and more beautiful future for yourself and your loved ones, ask yourself these three questions:

- 1) Do I want to glean wisdom from the past rather than stay stuck in it?
- 2) Do I want to be happy and live a purpose-filled life?
- 3) Do I want to prepare courageously and confidently for the future—come what may?

If you answered “yes” to any of these questions, then you are TODAY's ChangeMaker™. You are among a worldwide group of sincere, determined men and women who will not give up on creating positive change—in spite of obstacles.

In a day and age when people are seeking meaning and purpose in life, JOURNALriffic™ can help that purpose become increasingly clear. Those who embrace the JOURNALriffic™ method of journaling reap abundant rewards. They recognize that part of their life's purpose is to live as TODAY's ChangeMaker™. Using JOURNALriffic™ and the *4 Steps of Discovery* is an effort worth making.

Are you ready to join the quest, take the challenge, and make the commitment? Embrace the opportunity. Act now by visiting www.FamilyTreeQuest.com and declare your commitment to be counted among TODAY's ChangeMakers™ who

are determined to create positive change in themselves, their families and family lines-in spite of obstacles.

By so doing, I invite you to officially JOIN THE QUEST and download and enjoy your free 8 ½ x 11 inch, two-generation family tree print as my gift to you. Make sure to fill out the chart, frame it and display it in your home to help you remember your vital place as TODAY's ChangeMaker™ on your own family tree.

The JOURNALriffic Method

After you review the JOURNALriffic Challenge and make the JOURNALriffic Commitment, you are ready to learn the JOURNALriffic Method, called the *4 Steps of Discovery*. These steps are quite simple and easy to use, and they can become second nature in a short time.

Things You'll Love

As you put the JOURNALriffic Method into action, you'll form a habit of writing that will help you gain clarity regarding your present circumstances, and you'll be better equipped to recognize the next best steps to take as you continue moving forward. Your habits of self-reflection can help you respond differently to your most upsetting emotional triggers. You may find yourself responding better to conflict or notice less and less negative self-talk. You may even be developing more patience and be able to see things from another person's point of view while remaining secure with having and expressing your own point of view. It becomes exciting to take a proactive stance to strengthen your character with universal principles. You may also be thrilled to consistently increase your positive influence for good as you watch the undeniable ripple-effect of your simple choice to take the time to work through any roadblocks.

Integrating the *4 Steps of Discovery* into your daily routine will help you become grounded in new habits that bring positive results and that generate increased desires to live in more complete alignment with your INtrinsic, INner worth. The steps can help you develop qualities that will allow you to strengthen and improve your relationships with others. They will help you discover and reframe any negative thought, habit and belief patterns that do not serve your best and highest good. If you have had severe challenges, you will be actively engaging your power of personal choice to help and not hurt yourself and others.

What's Next?

In the chapters that follow, concepts will be discussed first, then after the *4 Steps of Discovery* section, you'll be presented with daily reminders and journaling prompts that enable you to keep your forward momentum going by integrating specific universal principles into your daily actions in order to create positive habits of change. The information in those sections and the templates will help guide you as you make fresh, desirable, forward-moving choices which you can permeate with high frequency, positive emotion and visualization, so you can consciously elevate the outcomes of your experiences.

Here We Go!

After obtaining a journal that suits your purposes, choose a time of day to write in your journal that can become a consistent part of your routine. I like to jot down my thoughts in the morning before getting ready for the day. Many people enjoy writing in the evenings before going to sleep. Others record their journal entries during a lunch break. Use your intuition to find what time best for you.

In preparation, find a quiet place, and then mindfully explore your thoughts. Tune into your own thinking. When you ask yourself, "What is my greatest concern (or joy) today?" see what comes into your conscious thinking.

Whether you have good memories or not-so-good memories, whatever you *feed* with more focused- thinking and emotion will grow. If you think of a happy experience, I encourage you to write it down just the way it comes to mind. Imbue it with deep emotion, and enjoy every moment of vividly remembering your experience with as much detail as possible as you write. Use as many words as you need. You may not want to follow any pattern other than the free-flow of your thoughts. This is called free-writing.

If you think of something that is a source of anger, anguish, a lingering challenge, something that could use some thought processing to bring your emotion to a more manageable state, then the *4 Steps of Discovery* may help you. Stick to the facts, write with detached observation, and remember that your purpose is to stay true to your guiding purpose as TODAY's ChangeMaker™ which is to

1. Glean wisdom from the past rather than stay stuck in it.
2. Be happy, and live a purpose-filled life as TODAY's ChangeMaker™.
3. Prepare courageously and confidently for the future—come what may.

With that in mind, let's take a look at the *4 Steps of Discovery*.

The 4 Steps of Discovery

Using memorable phrases (called mnemonics) can sometimes be helpful when trying to recall steps that provide a pattern for growth. The *4 Steps* are easy to remember if stated this way,

OFIR UP Wisdom. Do something specific.
(OFIR is pronounced “offer.”)

These key letters and words stand for the following:

1. **OFIR** (State your **O**wn **F**eelings and **I**nnner **R**esolve without criticism of self or others.)
2. **UP** (**U**niversal **P**rinciples--Explore them.)
3. **Wisdom** (Which universal principles will help you?)
4. **Do something specific.** (Make a positive contribution.)

After using the *4 Steps of Discovery*, always express gratitude for what you’ve been able to see or learn about your own ability to discern for yourself and grow and for any new habits you’ve been able to cultivate. NOTICE even small steps toward a happier life.

Here are the steps in more detail:

1. **OFIR** (State your **O**wn **F**eelings and **I**nnner **R**esolve without criticism of self or others.)

If you’d like to get to the heart of the matter quickly without over-analyzing it or going into great detail, use this first step of the *4 Steps of Discovery*.

If you are feeling emotions you do not fully understand, or you recognize that you are upset, you will use the experience that came forward in your thoughts when you asked yourself, “What is my greatest concern?”

In as few words as possible, write your experience in a way that states the situation without putting others in a bad light. In other words, speak about the situation in terms of your *own* feelings and wishes for your own inner resolve. Then look at it through the eyes of an observer—with detached interest, so you can have a more objective point of view.

Note: A list of feelings and attributes are included near the end of the book if you need help deciding how to accurately describe your feelings.

Here is an example of what the first step might look and sound like:

State the circumstance: When I went to (child’s name)’s school, I walked in on some of my friends talking together. *Name the specific thing that was unexpected or triggered you to be upset, angry, etc.:* I’m part of a parent advisory group, and I overheard my “friends” gossiping about me. *State how you feel:* I feel surprised, sad, embarrassed and angry, too. I feel sick to my stomach. *State why:* What they are saying about me isn’t true, and I wish this weren’t happening. *State what you’d like to see happen for resolve--something that’s within your control:* Rather than take offense, I’d like to clear up the misconceptions.

When you write, use your own words just the way they come to your mind, or if you’d like a pattern to help guide your thoughts, you can follow this example or use the template in the MINDFUL MONDAY section of this e-book.

You’ll notice that at the end of truthfully exploring your feelings in a factual way, you find the words to declare your positive intention to restore harmony and stability to your emotions and your relationships. It’s not an escape to avoid facing the situation or an act of revenge or an action stemming from a reactive behavior. This declaration will be expanded further in Step Four.

This step uses the approach of writing as if you are observing your situation from a birds-eye view, like you are on the outside looking in on a movie of what happened—without judgment, just watching.

Writing the first step in this way keeps you away from recounting an unproductive “victim story” with all its judgments, blame and assumptions. It acknowledges your feelings, yet moves you in the direction of gaining perspective quickly. It helps you to become one deliberate step closer to creating the change that can help restore or fortify and enhance the relationships that matter to you if the other individual is interested in maintaining your relationship, too.

If you have had any tendencies to be reactive instead of pausing to respond after thinking something through—even for a split second—and you are not in the habit of making objective observations in the way the first step is written, it may help you to know that by processing your thoughts and making conscious choices to change for the better, you can actually change your brain. You will now be interrupting your brain’s routine pattern which has reinforced any unwanted habits caused by your thoughts, such as making harsh judgments, criticizing, blaming or making quick assumptions about self and others.

The minute you think a thought, highly specialized nerve cells, called neurons, communicate information in both chemical and electrical forms. When the brain begins to take notice and pay more attention, the body will begin to create new biological chain reactions through neurogenesis, which is when the brain grows new neurons. Through your choices, you will be forming new, healthy biological connections that have the potential of helping you become more consistently calm and confident as you grow to become more self-reflective and proactive.

Through repetition, you will be forming new habits that benefit you both physically and emotionally. It’s incredibly wonderful to know that the nervous system has the natural ability to form new connections in order to accommodate your sincere desires to create change. New nerve cells can form, and the brain can change because of neuroplasticity.

Change is absolutely possible!

In your efforts to grow, it's understandable that you will face keen disappointment and fierce upset at times. Instead of railing on and criticizing others *which acts like a poison to self and relationships*, it's important to remember that the only person you have control over improving is YOU.

You *can* do it!

Remembering that you are looking to glean wisdom, be happy and prepare confidently and with courage, your vision of forthcoming possibilities can drive you and inspire you to integrate new methods of self-discovery. As you create change in yourself, others will either resist or adapt. Be respectful of their power to choose for themselves, use discretion, but remember you can make the choice to GROW anyway.

2. UP (Universal Principles--Explore them.)

A principle is a natural law.

There are laws that govern the physical world, like gravity, and laws that govern human interaction, like love, respect, and honesty. Principles are self-evident because they are obvious, yet sometimes we become so busy or caught up in conflict that we don't see clearly or think clearly about the violation of principles in our relationship with self or others. When there's discord or unrest, it's obvious something's "off," yet we often fail to dig deeper to see the real reason that the resulting emotional fruit is sour. It's the root that needs tending.

We sometimes fail to recognize the fact that if we pay more attention to principles, we would improve our relationships. We get caught up in giving offense and taking offense, arguing, bickering, and we participate by erupting into angry outbursts or going silent. We may carelessly display unbridled emotions, yet we inwardly desire to stay protected from the pain that has been created by the interplay of our assumptions and false or unrealistic expectations with those assumptions and false or unrealistic expectations others. Our "defense mode"

separates us from the ones we love, and stubborn pride can keep us there. We feel incredibly unhappy, isolated and alone. We can become quite miserable, actually.

In the *4 Steps of Discovery*, the second step is to identify the underlying “principle” or “universal law” that was either used effectively when you had a positive result and a happy experience or that was violated when you didn’t. (Examples of these principles/laws that govern human interaction are common courtesy, kindness, compassion, love, unselfishness, longsuffering [maintaining your integrity while suffering as a result of someone else’s choice], etc.) Did you notice that the principles themselves are all positive?

There is no compulsion or force involved when these and other principles are honored. When two people each have these desires in their heart and act upon those desires, there is a natural flow to their interactions, smiles that ensue (even if it’s awkward), and happiness that is created. Healthy bonds are created. This is true for parent to child, spouse to spouse, friend to friend, friend to neighbor, etc.

Integrating principles into your mental and emotional foundation is vital to achieving happiness. If we are indeed, as Pierre Teilhard de Chardin believed, “. . . not human beings having a spiritual experience [but] are spiritual beings having a human experience,”⁴ then choosing to follow principles that are universal and self-evident is a vital part of feeding our spiritual hunger which helps to satisfy our innate need to bond and connect securely with one another. We can only break ourselves against living principles since they are conscience-driven. Principles themselves always remain in force, just as they are.

There was a fellow I knew who had deep and lingering unmet needs that began when he was a small child. The various meanings he attached to his unmet needs for love, affection and attention caused enormous distress and confusion to him in later life. For years, he’d sought emotional validation from others, in ways both large and small, both obvious and not-so-obvious. Innumerable unsatisfying thoughts and feelings created an emotional stew of conscious and unconscious thoughts and feelings that resulted in his choosing actions that he thought would fill the deep internal void he carried with him daily—the void that felt like a hole in his soul.

He kept trying to piece together or find seemingly “missing pieces” of his childhood that had fostered within him many false and mistaken ideas about his true worth. He looked and looked for even the smallest shreds of evidence that he was loved, cherished and cared about as a boy by one of his most significant role models—whose inattention was obvious, and whose emotional disconnect was painfully felt. He built part of the wobbly foundation of his life on memories of “events” that could, in any way, have been considered loving, connected or that seemed to send any kind of message to him that he mattered.

In his adult life, the light of truth was shed on one such “event” that he had come to appreciate. He began to see within the original experience, the opposite of what he believed to be true. He began to see, with new eyes, the stark reality of the self-focus, impatience, and skewed ideas of “love” that were present in that interaction with that loved one. Because he had built his foundation for relationships on “events,” his foundation crumbled. He was both enraged and devastated.

The truth was that he held a misconception about the event and believed, without fully realizing it, that it was the events of life that would show him the evidence of his value. He was taught anew that universal principles, integrated into relationships and events, make *all* the difference. He now had a clear choice. He could continue in a “needy” victim mentality and become a “victimizer,” or he could break through the pain by being totally honest with himself and could choose to put in the sincere effort that was needed to integrate principles more fully into the foundation of his character.

Life can improve when one’s perception shifts to include a consistent implementation of the foundational principles upon which human interactions thrive—no matter one’s past experiences or misconceptions.

Each person can only learn about and make the choice to integrate universal principles for themselves. If someone else does not act on principles that lift and bless, it is not an accurate reflection of the innate value of any individual involved—you or them. All people are happier within themselves when they live by these conscience-driven truths, and relationships between two people can be mutually satisfying when *both* individuals value living lives where principles are priorities.

Choosing to invest time in exploring principles can lead to greater happiness.

For your convenience, I've included a list of 52 Principles and Topics to Ponder near the end of this book. Use one for every week of the year, if you wish. Be sure to check out the [Ten Minute Treasure](#) page at CarolynCalton.com, and join our FREE telecalls, or visit my [Family Tree Gal Facebook Page](#) if you'd like to be part of a community of people who are striving to beat the odds and change their personal and family history for the better.

3. **Wisdom** (Which universal principles will help you?)

The third step is to decide what opportunity for your own learning lies within the experience you're exploring. Did you take offense and react inappropriately yourself? Did you respond with calm tones and respectful words instead of hollering like you wanted to do? Did you have compassion and show kindness to someone in distress? Did you take time for a child instead of shooing them away or ignoring his or her need? You get the idea. Speak only for *yourself*, taking responsibility for your *own* actions.

Remember, this is about introspection of self for self-discovery and for creating positive change through integrating principles that help you re-discover your INner worth and help unify meaningful relationships. Be thoroughly honest with yourself without putting yourself down. Write as if you are observing your situation in a non-emotional way. Remember, it's like you are taking a birds-eye view of a situation rather than following the pattern of making harsh judgments, criticizing, blaming or making assumptions about self and others. You may feel some regret or remorse, but if that is a sincere feeling that leads to a change of heart or change in direction for the better, then find wisdom in the life's lesson and move forward as you create a brighter more beautiful future and light the way for others to follow. There is no need to "repeat history" when you have gleaned wisdom from the past, rather than staying stuck in it.

4. Do something specific. (Make a positive contribution.)

Decide specifically what you will do to contribute positively to the situation and write it down. Set your intention to receive other ideas, insight and strength that will help you to continue to grow.

Infuse this decision with high frequency, positive emotion and frequent visualization, so you can consciously elevate the outcomes of your experiences.

In this way, you prepare courageously and confidently for the future—come what may.

Tools to help you with this are listed at the back of the book in the *Additional Resources, Strengthen Your Vision* section.

What Next?

After using the *4 Steps of Discovery*, always **express gratitude** for the growth that challenges have the potential to bring or for the welcomed feelings in the experience you wrote about (joy, peace, tenderness, safety, security, etc.). After that, **NOTICE** even the small steps toward a happier life. Pay attention to even the small changes in your life that lead you toward more happiness and fulfillment. Often, it's the small and simple things that make the biggest difference. Do not underestimate the value of taking small, consistent steps in the right direction.

You are learning to be happy and live a purpose-filled life as TODAY's ChangeMaker™.

If you do a little better each day as you mindfully strive to take one step at a time toward personal growth, that's wonderful. If you blow it, record your thoughts again the next day. Slowly and steadily there will be insight and improvement regarding your own situation through the clarity that comes through writing your thoughts on paper. It's amazing. It works!

Are you ready to take the *4 Steps of Discovery*? The sooner the better!

Put the 4 Steps of Discovery Into Action

Create the life you'll love to live! Let JOURNALriffic's™ guided journal prompts help you.

The *4 Steps of Discovery*, also known as The JOURNALriffic Method, can be used to think through your emotional challenges and gain a sense of perspective and direction in a day, if needed. However, if you choose to dig a little deeper while creating lasting change by integrating the life-enhancing principles that govern human interaction and lead to happiness, there are templates in this section that can guide your journal writing on a daily basis, one week at a time. They are designed to be especially helpful as you integrate one **U**niversal **P**rinciple at a time and create or strengthen your personal habits that contribute to joy.

As discussed before, you may want to begin with the underlying “principle” or “universal law” that was either used effectively or violated in an experience that comes forward in your mind when you tune into your own thinking, and ask yourself, “What is my greatest concern (or joy) today?” You can also check the list at the back of the book if you need help determining a **principle** that might apply, or one you would simply like to focus on this week to begin to consistently turn your weaknesses to strengths and improve the quality your life's experiences.

NOW LET'S GET STARTED!

Mindful Monday

Today, use the first step in JOURNALriffic's *4 steps of Discovery*, which is **OFIR** (State your **O**wn **F**eelings and **I**nner **R**esolve without criticism of self or others.).

This week, I'm pondering the principle of _____.

Getting Started

Place the principle you are working on this week the appropriate blank spaces. An example will follow this explanation.

Think of an experience in your life in which _____ (State the principle.) or its absence, played a role. Write the experience in your journal in a way that states the situation without putting others in a bad light. In other words, speak about the situation in terms of your own feelings and wishes for your own inner resolve (to settle an issue in your mind) instead of simply railing on or criticizing others *which acts like a poison to self and relationships and is a waste of time and energy*. Remember the only person you have control over improving is YOU, and you are looking to glean wisdom, live purposefully and prepare confidently. As you create change in yourself, others will either resist or adapt. Be respectful and use discretion, but discover ways in which you can GROW in healthy ways in spite of obstacles.

Monday JOURNALriffic™ Prompt

Note: A list of feelings and attributes is included in the back of the book if you need help deciding how to accurately describe your feelings.

You can follow the example listed earlier in the first step or use this template:

Today, I'm thinking about _____.

(Write your experience in your journal.)

I felt _____ (sad, happy, excited, angry, disrespected etc.)
about _____ (State a specific thing that triggered your emotion)
because _____. (Explore your reasons.)

I can see that _____ would have been helpful in this situation.
(Name the principle. Use the list at the back of the book, if necessary.)

This is what I wish had happened instead _____. (Write it.)

This may have turned out differently if I had _____.
(State something conscience-driven and courteous to yourself and others
that you could have done differently, if anything, to contribute positively to
the outcome.)

Since all I can control are my own decisions, In any similar future situations,
I will choose to _____. (State what you will do.)

Decide now to set a standard for yourself that you will respect the rights of others to make choices for themselves. This will help you direct your thoughts toward taking responsibility and accountability for your own part.

A sincere willingness to investigate your role in what happened, whether you were conscious of that role or unconscious of it, will go far as you seek to create positive change. Avoid self-battery. Remain truthfully self-aware.

You may not agree with the point of view or opinions of someone else, but conscience-driven people seek to treat others with courtesy while resolving issues.

If you truly desire to grow, then mean-spirited choices for future responses have to be eliminated. (We may all have a good laugh over some of our initial responses!) Part of living mindfully in the present, in order to live a happy and purpose-filled life today, is to be able to lay down any harsh judgments of yourself and/or others.

I hope you'll use your journal to write any thoughts you feel comfortable writing, or create your journal entries on the computer if that better suits your personal style. Consider abbreviations or other symbols for words or names that you'd like to have known only to you.

Make your journal entry, decide what you're going to do, take action on anything you can do immediately and move on with your daily life, keeping your top priorities your top priorities. Stay open to receiving INspired answers and solutions today. Let go of the "emotional stew" knowing you will have more time to journal and work things out tomorrow since some solutions require a *process* that takes some time.

Have a GREAT Mindful Monday. Happy Journaling!

Talk About It Tuesday

Once again, we are living mindfully in the present by focusing on principles that foster happiness and growth.

Today, use the second step in JOURNALriffic's *4 Steps of Discovery*, which is **UP** (**U**niversal **P**riniples--Explore them.).

Universal principles are timeless truths that lift our mood and help us find satisfaction as we go through the learning processes which are involved in personal growth. They help us adapt to pressure-filled and changing situations. Developing habits of incorporating principles into the foundation of our personal decision-making leads to quality-of-life results. Universal, empowering principles have existed in all peoples and locations throughout time. When we live according to principles, we live in alignment with our authentic self.

We each have an inner sense, an INTuition, an INner-knowledge, a conscience. Being still, becoming aware and connecting to that inner-knowledge is what helps us recognize universal principles. We grow, in a healthy way, as we develop the integrity to live in accordance to what we discern to be true and good from our inner-knowing.

Once again, I invite you to explore the universal principle of _____ that you have chosen for this week.

Explore by pondering, reading, writing, using the Internet, talking to someone, remembering something from your experiences, etc.

Tuesday JOURNALriffic™ Prompt

- Have a “talk” with your inner self. What have you NOTICED about this principle and its impact in your life and the lives of others? Write about it in your journal.
- Thoughtfully study the words of other people on this subject. Use scriptures, books, magazines, the library, Google or other search engines on the computer, etc. to discern how you would like to more fully apply this principle in your life, **OR**
- Have a conversation about this quality with someone you trust and respect. Perhaps you’ll want to do this regularly with a JOURNALriffic™ partner—someone who also uses JOURNALriffic™ to progress and grow.

Listen to understand their perception without judgment. Remember, your perception can remain different than theirs. NO STRESS. Remember to be courteous. NO BASHING. This is NOT gossiping about other people’s point of view. It is exploring your own feelings and allowing others to have their own opinion. Agree to disagree, if necessary.

- Write down your thoughts and any new impressions about this principle.
- Ask yourself, “Is there something more that I can do to integrate the positive aspects of _____ in my daily living.
- Choose one specific action step you will take toward improvement. Write it down, and put it in a place where you’ll see it every day.

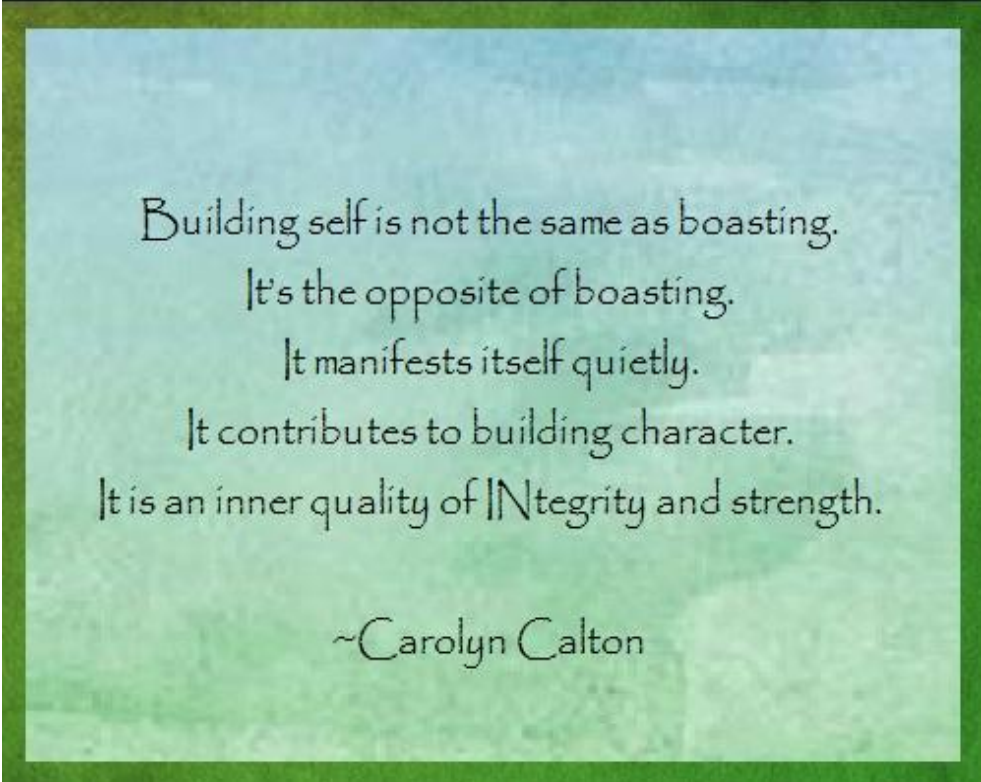
Watch Your Words Wednesday

Today, continue the second step in *The 4 Steps of Discovery*, which is **UP** (**U**niversal **P**rinciples--Explore them), and check out your IN-vironment.

How am I doing with _____ ? (State the principle.)

Wednesday JOURNALriffic™ Prompt

- Am I sensitive to the impact and influence my thoughts, words and actions, which connect to this principle, have on others as well as on myself?
- Ask yourself, “Do my thoughts and words build myself and others or do they tear down and demean me and/or others?”
- Are my thoughts, words and self-talk courteous and helpful, or disruptive and mean?
- Are my thoughts, words and self-talk beneficial or self-defeating?
- Do I want to make a commitment to ‘Watch My Words’ and improve?
- Write down your commitment and any other observations that may benefit you.
- Write down your thoughts about what is reflected in the way you choose to think and speak.
- Write down a specific action step you will take toward improvement.



Building self is not the same as boasting.
It's the opposite of boasting.
It manifests itself quietly.
It contributes to building character.
It is an inner quality of INtegrity and strength.

~Carolyn Calton

Think About It Thursday

Great blessings can come out of any difficulty when wisdom is used for personal growth.

Today, we will use the third step in JOURNALriffic's™ *4 Steps of Discovery*, which is **wisdom** (Which universal principles will help you?).

Ask yourself, “Did I identify the opportunity for growth in this experience and use my wisdom to grow personally?”

Each of us is equipped to be able to find answers within ourselves when we seek them. Often they come through a process which entails multiple experiences, yet the answers to identifying the opportunity for growth do come when we sincerely and actively seek them. This Think About It Thursday message and exercise serves as catalyst for your pondering

One part of living mindfully in the present in order to be happy and live a purpose-filled life as TODAY's ChangeMaker™ includes identifying the possibility for growth in every situation. As you consciously reflect upon your life's experiences, free from criticism and condemnation of self or others, you can begin to glean wisdom from the past without staying stuck in it. You may realize that a certain choice led you in a direction that hurt you or someone else. *You apply wisdom when you decide that you will not repeat those words or that action again.*

Here's what the dictionary says about WISDOM.

wis•dom (wīz'dəm) n.

1. The ability to discern or judge what is true, right, or lasting; insight.
2. Common sense; good judgment: "It is a characteristic of wisdom not to do desperate things" (Henry David Thoreau).
3. a. The sum of learning through the ages; knowledge: "In those homely sayings was couched the collective wisdom of generations" (Maya Angelou).
b. Wise teachings of the ancient sages.
4. A wise outlook, plan, or course of action.
5. Wisdom Bible Wisdom of Solomon

Source: Dictionary.com Dictionary.com "wisdom". The American Heritage® Dictionary of the English Language, Fourth Edition. Houghton Mifflin Company, 2004. 14 Jan. 2010.

When you begin to seek wisdom to apply to specific circumstances, you may choose to invite God, through prayer, to help you. When you open your mind to infinite possibilities, sudden strokes of ideas may come to mind. You may have a remembrance of a book or article or conversation. You may have the thought to search the Internet, or you may have the memory of a phrase or a story that a certain friend or mentor said that is helpful to you in your present situation. The possibilities are limitless.

As you quiet your mind and follow your thoughts, keep a non-critical perspective, and remain open to the path of thought that is unfolding to your awareness — then answers will emerge. Discernment (good judgment and keen INsight) is needed as wisdom is applied to the thoughts and decisions of your life. As was mentioned before, you possess an inner knowledge that will help you identify those things that are truly in your own best interest – in a self-nurturing, rather than selfish, self-demeaning or self-destructive way. You must make a decision as to what to do, do it, and then learn from the results. Was it in your best interest or not? If not, make a different choice next time. Overcome any fear of making mistakes by feeling the soul-stretching, yet personally liberating, benefits of moving forward and gleaning wisdom.

It is the wisdom that you glean because of your own life's experiences that helps you make choices that allow you to experience and maintain the condition of happiness as well as peace, contentment, acceptance, forgiveness, serenity, and all other conditions that are desirable in one's life. Don't fret the tough times. We need opposition and difficult times to help us see and begin to understand where wisdom lies. Use your negative experiences to help you *grow*.

I really liked the truth that Russell M. Nelson shared when he said, "How you deal with life's trials is part of the development of your faith. Strength comes when you remember that you have a divine nature, an inheritance of INfinite worth."⁵ My life's experiences have confirmed this fact.

Whether you are spiritually inclined or not, just remember that the times when you feel the best yourself and when you are truly the best influence on others is when you have used your wisdom to be in alignment with the *you* that is loveable and unique. It's the *you, your authentic self*, that is coming to remember and understand the principles and laws by which you function best—physically, socially, emotionally and spiritually. It's a process. Enjoy the journey, and use step three today to help you come "one step closer" to turning your deepest desires into your reality.

Thursday JOURNALriffic™ Prompt

1. In your journal, list the benefits that come to mind from developing _____ . (Write in this week's principle).
2. If you choose, pray for help, guidance and INsight.
3. Reflect upon the ways each positive attribute you develop contributes to your overall well-being.
4. In your journal:
 - a. Write the ways in which this attribute helps or could help you live in alignment with the loveable and unique YOU that is your true identity.
 - b. Describe the feelings you have or would have when this attribute is present in your choices.
 - c. Decide how you will apply wisdom to grow in one of your current situations.
 - d. Follow through. See it through. It's up to you. Choose to GROW.

Remember that discovery is a process,
that often takes many steps.

Once one step is taken,
the next step has light shed upon it.

Be patient with yourself.

Learn to love the **PROCESS** of discovery,
as you **GROW**.

~ Carolyn Calton

Find Your Feelings Friday

What's on your mind? What will you do about it?

Today, we will use the fourth step in JOURNALriffic's™ *4 Steps of Discovery*, which is **Do something specific** (Make a positive contribution.).

Remember that pausing to become aware of how you truly feel is one way to live mindfully in the present in order to be happy and live a purpose-filled life as TODAY's ChangeMaker™-- which is one of the goals of those men and women who are on a [Family Tree Quest](#)™.

If needed, check the back of the book to see a list of feelings and attributes that may help jog your mind as you complete today's journal prompt.

Friday JOURNALriffic™ Prompt

- My life has improved by allowing myself to feel deeply and ponder the principle of _____ (Remember that even knowing that improvement is needed and a gaining a desire to do so may be an improvement!)
- When _____ (state the principle) is missing in my relationships, these are the feelings I don't like. (List the feelings in your journal.)
- These are the feelings I like when _____ (state the principle) is present in my relationships (List the feelings).
- You may want to summarize or restate some of your INsights as you give deeper thought to what you've written.
- These are the things that get in the way of my outward expression of _____ (List them, if any. Some examples might be: hurt, fear, frustration, lack of positive habits, shame, embarrassment, etc. Make sure this is something YOU are responsible for. No blaming others! Although they may influence your choices, you are responsible for you. You are responsible for your own thoughts, feelings, attitudes, actions, values and beliefs.)
- Say out loud, "I am committed to changing these".
- Write down one specific thing you will do to contribute positively to your own life and/or the lives of others connected to what you have felt and learned and know about the principle you've chosen.
- Infuse this choice with high frequency, positive emotion and frequent visualization, so you can consciously observe and elevate the outcomes of your experiences. (For tools to help you with this, see Additional Resources, Strengthen Your "Vision" near the back of this ebook)
- TAKE ACTION ON THAT ONE THING! When you do, remember to record it in your journal, too!

Now, the Not-To-Be-Forgotten Part

After using The 4 Steps of Discovery, always **express gratitude** for the growth that your challenges have the potential to bring OR for the welcomed feelings you've observed (enhanced joy, peace, tenderness, safety, security, etc.). After that, **NOTICE** even the small steps toward a happier life.

Gratitude, for me, seems to open the door for the emergence of further thoughts and ideas that help me GROW. In my opinion, “expressing gratitude” and “noticing” makes JOURNALriffic’s *4 Steps of Discovery* even more worthwhile!

Now go and create a great weekend!

JOURNALriffic™ Feelings and Attributes List

For your benefit, here is a Feelings and Attributes list. Sometimes it's helpful to see a selection of words to help describe how you truly FEEL. It's time to be completely honest with yourself. How do you really FEEL? There are expansive results in the area of soul satisfaction when you make consistent choices to act with conscience-driven certainty according to the laws that govern happiness in human relationships.

Positive, High Vibration Feelings and Attributes	Negative, Low Vibration Feelings and Attributes
honest respectful responsible aware serious trusting optimistic vibrant devoted intelligent thoughtful unselfish trustworthy reliable calm, deliberate healthy spiritual courteous efficient kind reverent self-assured free serene	dishonest disrespectful irresponsible not mindful flippant gullible pessimistic dull” possessive ignorant uncaring self-seeking deceptive unreliable impulsive unhealthy worldly, materialistic diccourteous inefficient mean irreverent conceited in bondage agitated

<p>faithful educated pleasant understanding sensitive active charitable practical open-minded approachable appreciative humble cheerful romantic sentimental beautiful forgiving generous stable spunky visionary alert independent gentle daring strong idealistic methodical candid empathetic concerned mature coordinated knowledgeable artistic reserved joyful exciting responsive wise adaptable tactful a peacemaker calm adventurous</p>	<p>unfaithful uneducated unpleasant intolerant insensitive stagnant malevolent unreasonable close-minded unapproachable ungrateful arrogant unhappy indifferent unfeeling ugly unforgiving greedy unstable apathetic impractical tired, weary dependent rough afraid weak without hope disorganized devious uncaring judgmental immature uncoordinated uninformed uncreative agitated sorrowful dull unresponsive unwise inflexible impolite instigator frenzied timid</p>
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<p> motivated happy in tune tenacious adorable orderly flexible loyal steadfast searching relaxed talented teachable inquisitive thrifty prayerful obedient ambitious inspired </p>	<p> unmotivated unhappy out-of-sorts afraid detestable chaotic inflexible disloyal faltering uninquisitive rigid unable resistant to learning uninterested spendthrift unbelieving disobedient unenthusiastic unmotivated </p>
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I hope this list is helpful to you. The list, obviously, is not a complete list, but it will be enough to give you a really good start.

52 Weeks of Principles and Topics to Ponder

If you get stuck, here are 52 Weeks (1 year's worth) of Principles and Topics for you to consider as your topic of the week.

Let me be very clear here, THESE ARE SOME OF THE PRINCIPLES THAT GOVERN HUMAN INTERACTION AND LEAD TO HAPPINESS.

Also, check out the [Ten Minute Treasure page](#) at CarolynCalton.com to find any current FREE Telecalls and other support available to you through additional resources and principle-centered messages of HOPE and INspiration for TODAY's ChangeMakers™.

I also invite you to get updates, be INspired and join in the conversation at [Family Tree Gal on Facebook](#).

Here are principles and topics to ponder:

- 1 The Power of Example / Integrity
- 2 Humility / Humble
- 3 Forgiveness / Forgiving
- 4 Charity (pure love) / Charitable
- 5 Service / One who serves
- 6 Faith / Faithful
- 7 Obedient to God and Conscience
Obedience to the laws of the land

8 Peace / Peacemaker
(not the same as being an enabler)

9 Compassion / Compassionate

10 Mercy / Merciful

11 Being Steadfast / Steadfast

12 Good Works / Exemplar
(Let what you do be a reflection of your spirit essence.
Let it be a positive reflection of who you are.)

13 Reverence for the holy and sacred / Reverent

14 Lifelong learning/ Creativity
(Strive for excellence. Be your best self. Aim high.)

15 Meek / Meeknes

16 Patient / Patience

17 Friend / Friendly

18 Pure In Heart / Have a clean conscience

19 Endurance / Endure
(See it through if it's worthwhile.)

20 Wisdom / Wise

21 Non-judgmental

22 Show love / Loving

23 Leadership / Leader

24 Honesty / Honest

25 Everyone is unique/ True Identity

26 Trust / Trustworthy

27 Loyalty/ Committed

28 Courtesy / Courteous

29 Kindness/ Kind

30 Helpfulness / Helpful

31 Cheerful (positive attitude, optimistic) \\
or Civility / Fair (Sense of social responsibility)

32 Respect (For self and others) / Respectful

33 Not easily provoked / Calm, Balanced

34 Longsuffering / Patient in Trials
(Maintaining personal integrity when suffering
as a result of the choices or actions of someone else.)

35 Thankful / Grateful/ Appreciative

36 Unselfish / Others-focused/ Benevolent
Doing good. Serve others w/o expecting anything in return

37 Hard-working / Hard worker/ Healthy Work Ethic
(Taking own responsibility. Healthy sense of duty, Show integrity.
NOT workaholic---which is actually avoiding responsibility.

38 Fidelity / Faithful
(Be faithful to commitments made or change the commitment.)

39 Honor your father and mother / Honorable

40 Empathy / Empathetic

41 Understanding
(Be a good listener because you care. Maintain confidences.)

42 Maturity / Mature

43 Inspired / Intuitive

44 Adaptability / Adaptable, Flexible

45 Sensitive / Intuitive/ Trust your gut.

46 Thoughtful

(Be caring and concerned for others well-being as well as your own.)

47 Generosity / Generous

(with time and talents as well as money)

48 Confidence / Confident

(Born of experience and integrity. Not haughty.
Not "puffed-up" or having a "better than you" attitude).

49 Orderly / Organized

(Having an inner sense of balance and order.)

50 Bravery / Brave

51 Happiness / Happy

52 Thrift / Thrifty, Frugal

Conclusion

As you are consistent in taking the JOURNALriffic™ Challenge, making the JOURNALriffic™ Commitment and using *The 4 Steps of Discovery*, which is the JOURNALriffic™ Method, it is my belief that you will see steady progress in every area of life. May you find joy in your journey of self-discovery and personal improvement, be ever-inspired by your personal mission and forward-looking vision of happy possibilities as TODAY's ChangeMaker™, and may you have peace-of-mind as you travel courageously through the sometimes bumpy roads that lie ahead of you.

Don't forget to JOIN THE QUEST as TODAY's ChangeMaker™ at www.FamilyTreeQuest.com to declare your intention to create positive change, stay connected to updates and receive the link to download your free 8 ½ x 11 two-generation family tree print, suitable for framing.

Also, if you are interested in further information that will help you lighten your burdens, ease your pain, and strengthen your worthwhile relationships—spiritually, in relationships and physically, you are also invited to visit the following:

www.CarolynCalton.com

www.LiahonaLightAcademy.com

www.HealingYourFamily.com

To your happiness,
Carolyn

About The Author

Serving people who have hidden heartaches and unresolved personal struggles, Carolyn Calton is the founder of Carolyn Calton.com, FamilyTreeQuest.com and is co-founder of HealingYourFamily.com. Carolyn is also the CEO of Dr. Ronald Newsom's Liahona Light Institute, of which The [Liahona Light Academy](#) is its online extension.

Carolyn teaches individuals and families how to turn from heartache to happiness in themselves, their families and family lines by understanding how to live true to who they really are as TODAY's ChangeMakers™. Carolyn helps people rediscover their inner worth while they boost their physical, emotional, and spiritual health in order to feel and look energized and return to well-being. She is a teacher and facilitator of principles that can set the hearts of men and women free from the pain and chains of guilt and toxic shame and the effects of oppression, so they are able to walk courageously and confidently into the light of true freedom and peace.

Additional Resources

As founder of Family Tree Quest, people often ask what tools I recommend for journaling, organizing family history and strengthening traditions through celebrations. This list was published in June 2015. A current list can be found at [Family Tree Quest](#). For your convenience, I'm sharing my highest recommendations here, as well.

Journaling Resources

[Find the perfect journal at Amazon.](#)

[Journaling Supplies at Amazon](#)

[Personal Historian Software](#) - I love the timelines and personal history prompts on Personal Historian. I use this software when I make journal entries on my computer.

Strengthen Your “Vision” for creating a bright future and maximize your ability to live true to your highest potential and best self TODAY. These are among the tools I use to increase and strengthen the effects of repetition coupled with deep emotion as I reinforce my heart's most sincere desires. These tools help me as I create new habits by engaging in proactive behaviors.

[Got Vision](#) - Use this easy, quick, more-than-affordable way to record **mp3s** and **CDs** of your visualizations, affirmations/affirmations, declarations, life's vision, guided meditations, personal stories, poetry and more. I set my detailed desires, goals and life's vision to baroque music and set my clock radio to begin my day by hearing that which I want to embed into my subconscious mind.

[Mind Movies](#) - Mind Movies allow you to see pictures, hear music and see words with your goals, affirmations, etc. on your computer screen. This is the best-of-

the-best way to influence your own mind with repetition, and it can evoke emotion. The Mind Movies team has created free, done-for-you versions, but I prefer to make my own with my own affirmations/affirmations and pictures. It plays in background of my computer screen while I work. I added my own vibe this way, since their images and words did not entirely match my style of thinking and being.

[Ideal Life Vision](#) - A revolutionary goal setting and implementation tool that gets results. This is an entire system for success. Develop crystal clear goals, establish new habits, get results that stick. Record your ideal life vision in your own voice, and set it to music. Bridge the gap between where you are and where you want to be. There's an optional program for entrepreneurs, as well. Click the link and scroll all the way down the page to see everything that's included.

Family History Resources

[Flip-Pal™ mobile scanner](#) - **Portable, easy flip-and-scan-technology.** Battery operated (no bothersome chords). You can even scan pictures in the frame or while they remain in their photo albums or on the wall! I sit on the sofa in comfort and scan to my hearts delight. In December 2012, my 12 year old grandson scanned 760 pictures and loved it! It's fun to involve the whole family.

[Heritage Collector Suite](#) - **Your complete personal history and family history management system.** I give this software my highest recommendation. This software has everything you need to get your family history clutter into one, orderly place. Store and retrieve photos, documents, videos, etc. Create family history gifts such as a calendar, scrapbook pages and slideshows. It includes many bonus items. A Free program is available, but I like all the bells and whistles, so I have the entire suite.

[Finding Family Names](#) - Discover, preserve, and celebrate your heritage.

[Legacy Family Tree](#) - It's important to have both an online and offline way to keep your family records. I chose Legacy Family Tree Software to keep individuals and families (genealogy) on my family tree.

[Family ChartMasters](#) - Explore a variety of family tree charts that are suitable for framing and displaying, so you can see and remember your vital place as TODAY's ChangeMaker on your family tree.

[Family Reunion Organizer](#) - Plan, Organize and enjoy your family reunion.

[The Ancestry Store](#) - Everything you'll need to find your family story.

Personalized Gifts and Decor

[Personalization Mall](#) - Personalized gifts for life's celebrations available here.

[Gifts, Party Favors and Decorations](#)- An all-occasion website. Beau-coup helps you celebrate life, one event at a time. Mark each milestone with their unmatched selection of party favors, gifts and supplies for the special occasions you're celebrating while strengthening your family traditions.

[Life Manifestos](#) - Beautiful statements for your wall, including a FAMILY Manifesto and LEGACY Manifesto.

[Family ChartMasters](#) - A large variety of beautiful family tree charts is available.

NOTE: This list was published in June 2015. Remember, a current list of recommendations can be found at

http://www.familytreequest.com/additional_resources

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I know you will find great benefits
from using JOURNALriffic's
4 Steps of Discovery.

Happy Journaling!

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