

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 for educational purposes only 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.

Copyright 2015 Charlie Ink Productions and Publications All rights reserved. The contents of this book may not be reproduced in any part or by any means in a commercial publication without the written permission of the author.

ISBN: 978-1-940498-32-4



Table of Contents

Introduction	4
So Many Kinds of Journals. So Many Reasons to Write	9
What is JOURNALriffic	12
The JOURNALriffic Method	17
Step One	20
Step Two	25
Step Three	30
Step Four	33
Put the 4 Steps of Discovery Into Action	37
Templates and Daily Journal Prompts	39
Mindful Monday	41
Talk About It Tuesday	43
Watch Your Words Wednesday	46
Think About It Thursday	49
Find Your Feelings Friday	53
JOURNALriffic™ Feelings and Attributes List	56

52 Weeks of Principles and Topics to Ponder	59
Conclusion	63
About The Author	64
Additional Resources	65
References	67

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 to 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 own part to the best of their ability. They act on their desire to improve and heal the negative influence of their own less-than-ideal thought patterns, habits, limiting beliefs and unproductive family patterns. By doing so, they seek to avert problems that can lead to depression, discouragement, despair and despondency. They mass their inner strength to meet their challenges head-on. They take steps and make efforts to have a positive influence on those they love and those within their sphere of influence. I call all of these sincere, determined men and women TODAY's ChangeMakers™. I recognize them as individuals who refuse to give up on creating positive change in spite of the odds.

Living as one who improves his or her life 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's uncertainties. Those who seek to share their own unique gifts and talents with full purpose of heart while rising above obstacles do, indeed, create much-needed change. The ripple effect of igniting positive, purposeful action ends up affecting countless people. Identifying oneself as TODAY's ChangeMaker adds meaning to life. The favorable influence that is begun, fiercely embraced 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, patterns 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.

Are you sometimes downright angry, afraid or ashamed?

Included in step one is a spot where you can let your feelings all tumble out just the way they are. You can give your feelings a voice. There is no need to deny or repress what you truly feel.

Once expressed, you will be able to choose for yourself how to move through your emotions toward solutions in a proactive, rather than reactive manner.

I developed the JOURNALriffic Method from a pattern that has worked for me through many years of some of my life's most difficult trials. I am well-acquainted with blighted hopes, shattered dreams and unfulfilled desires both individually and with my family's circumstances, yet I've learned to be positive and happy by choice. I've also dealt with lingering physical challenges and constant pain as a result of three car accidents. Although I've faced times of extreme disappointment and much of my life hasn't turned out like I planned, I continue to find solutions to challenges, and I still love my life because I stay engaged in the process of creating a happy one.

With JOURNALriffic, you will address thoughts as they come up as a result of your present experiences. The idea is to work through your emotions and challenges and consistently work toward turning your weaknesses into strengths and enjoying your life. You will come to understand who you really are in light of the truth that no matter your past choices or experiences, you are not your history. You will begin to clearly see that 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 your true identity 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. With the help of JOURNALriffic, you will learn to use that power to move quickly through the process of aligning your thoughts, feelings and actions with your innate, individual worth. By doing so, you will ignite the proactive power within you which 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, your doubts, insecurities, limitations and fears will diminish. You can proceed with vigor on the path that enables you to contribute your positive influence to the lives of those around you in your present moments.

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

The kinds of journals people keep are many and varied. They include gratitude journals, poetry journals, reading journals, journals written by topic, family journals, nature journals, personal development journals, meditation and devotion journals and more.

There are different styles of journal keeping that range from more traditional writing to writing in creative journals, complete with pictures and art. Choose any type of journal you like. There is a large selection of journals on the market. You can also choose blank books or create your own journal from a binder or spiral bound notebook. If you like art, you can decorate your own cover, but what's really important is what you write inside.

The JOURNALriffic method of journal-keeping sets itself apart from the rest. With JOURNALriffic you will have, at your fingertips, a guided-journaling method to use when you want to conserve your emotional energy and settle an issue in your mind quickly. You will be following universal principles that govern happy relationships instead of staying stuck in criticism, blame, shame, stress or anxiety. Use it when you know that you don't know what to do next as well as when you want to easily keep a daily record of your life as TODAY's ChangeMaker.

Daily journal writing, the JOURNALriffic way leads to

- Less stress
- Healthier relationships
- Confidence
- Positive self-development
- Clarity of your life's purpose
- Greater peace of mind

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. You'll also 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 you might 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 the proactive stance of strengthening your character by incorporating 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 JOURNALriffic Method, called the *4 Steps of Discovery*, into your daily routine will help you become grounded in new habits that bring positive results. You can generate increased desires to live in more complete alignment with your intrinsic, inner worth—even if you've made poor or destructive choices in the past. 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.

The JOURNALriffic Method of guided-journaling is a terrific way to help you change your life for the better today. The ripple effect can positively influence your loved ones in this generation as well as 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.

ARE YOU READY?

You will need

- The tool
- The self-talk
- The commitment

Do you have 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 with full purpose of heart is the life-changing part!

What is JOURNALriffic?

JOURNALriffic is a method of guided-journaling that can help you create a happier life.

The JOURNALriffic Challenge

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

Choose when you'll write.

Of course you can always be spontaneous, but for best results, you will want to fit journaling into your routine. 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 what you do. I like to look at it as mental and emotional renewal. I prefer jotting down my thoughts in the morning before getting ready for the day. Many people put on some calming music and 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. Full, long-term benefits are best attained when this life-enhancing habit is set in place.

Choose where you will write.

Ask yourself where you can find a quiet place to mindfully explore your thoughts. Minimizing distractions helps you to keep your mind clear.

By taking the challenge, you can steadily and consistently 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. Writing daily will help you consciously recognize your thought patterns, habit patterns, and perhaps family patterns that are either helpful or hurtful, giving you clarity on what you want to change or what you want to keep implementing in your life and in your personal progress.

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

The JOURNALriffic Commitment is, “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.

Take action on your self-doubts, insecurities, frustrations and fears. Use JOURNALriffic to create increased happiness today.

Most of us have experienced times that we’ve seen how too many negative thoughts and feelings can block our efforts to create the change we desire, and we end up sabotaging ourselves. Maybe you’ve discovered, like I have, that not every thought that comes into your mind originates from you and have discovered that we are influenced by both seen and unseen forces for good and for evil. It’s an important step in our learning to realize that 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, so we learn to get to the solutions as quickly as possible and not stay stuck in the mire of our negative thoughts.

Here is what I can share. When I've taken the time to notice what I'm thinking that drags me down or blocks my progress, I then challenge my thoughts that are unproductive or destructive by asking myself questions like, "Is what I'm thinking good? Is it uplifting? Is it really true or is it an assumption?" If not, I discard the thought and pursue my life's purpose and highest priorities so that I am not sidetracked from my life's mission and purpose to uplift and bless, and help, not hurt others. So as TODAY's ChangeMaker, I invite you to use your journal entries, and put yourself on mental alert as you free yourself from endlessly participating in unhappy or frivolous, hamster-wheel thinking which can create a life that goes round and round yet gets you nowhere.

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 realize your choices today can positively influence future generations.

Some of our saddest, most discouraging moments come when we are self-critical. We find evidence for so many things that we think we lack that it can drag us down until we find almost nothing to appreciate or value about ourselves. The good news is that you can progress before all your false or mistaken beliefs about who you really are get rooted out. This is done by keeping your focus on achieving your highest potential as TODAY's ChangeMaker and as you direct your efforts with enthusiasm toward creating positive change, one step at a time.

Often, people who are hurting have taken offense. The result may be that they give offense. Other people then take offense, feel hurt, and the ripple effect goes on. People who feel hurt or harmed can become reactive, harsh, lash out and behave like 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, goodness and talents to offer themselves, their family and the world. Each of us choose thoughts and actions that lie somewhere on that broad spectrum between feeling hurt and fearful and understanding our innate worth and living true to our potential. Some days, we do better than others.

Healing yourself by making choices that are in alignment with your innate, inner worth is the way to heal your family because through healing yourself, you will become a healing force in your family and society. Choosing to live by principles that govern happiness will help you realize your intrinsic worth.

No matter what situations and circumstances you have inherited, you can be a positive influence in your entire family line which includes both 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 have desires to live the guiding purposes of TODAY's ChangeMakers.

Are you ready to Join the Quest, take the challenge and make the commitment? Embrace the opportunity. Act now by visiting www.FamilyTreeQuest.com to declare your commitment to take steps to become happier and live a purpose-filled life today. Leave your name and email to officially join our worldwide movement of sincere, determined men and women who aren't giving up in spite of obstacles.

When you JOIN THE QUEST, you may download and enjoy your free 8 ½ x 11 inch, two-generation family tree print as my gift to you. It is suitable for any family, including blended families with step-parents. Make sure to fill out the chart, frame it and display it in your home to help you remember your vital place of influence as TODAY's ChangeMaker on your own family tree.

The JOURNALriffic Method

Now that you've read the JOURNALriffic Challenge and made the JOURNALriffic Commitment, you are ready to learn about the JOURNALriffic Method, called the *4 Steps of Discovery*.

Rest assured that these steps are quite simple and easy to use. They can become second nature in a short time.

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 show the purpose of each step and 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**inciples--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. Express appreciation in writing, for what you've been able to see or learn about your own ability to discern for yourself and grow. Be thankful for any new habits

you've been able to cultivate. Then notice even small steps toward a happier life.

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. Or you may wish to use the *4 Steps of Discovery* to simply and easily record your journey as TODAY's ChangeMaker.

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 desires are to stay true to your guiding purposes as TODAY's ChangeMaker which is to

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

The 4 Steps of Discovery

Now, each of the four steps will be introduced and will include concepts that further illuminate ideas that enhance the step.

If you want to dig deeper and more fully integrate attributes that govern happiness in yourself and in relationships, you'll be presented with daily reminders and journaling prompts at the end of those chapters. Following

the daily actions each week will enable you to keep your forward momentum going strong. You will be integrating specific universal principles into your daily actions in order to create and secure your positive habits of change.

The Information in those sections and in the templates will help guide you as you make fresh, desirable, forward-moving choices. Then you can permeate your thoughts with high frequency, positive emotion and visualization in your mind's eye, so you can consciously elevate the outcomes of your experiences.

Now, for the steps in more detail.

Step One

OFIR (State your Own Feelings and Innner Resolve without criticism of self or others.)

In step one, you are just recording a happy event with all its joyful feelings. If there's a challenge, you simply put words to it in a factual way, so you can choose your path to a solution. You acknowledge how you feel, and do it in a way that reflects that you have sincere, purposeful and courageous inner resolve to experience the satisfying feelings that creating positive change brings.

Explore your feelings truthfully, then, as much as possible, write as if as if you are observing your situation from a birds-eye view. Write like you are on the outside looking in on a movie of what happened—without judgment, with detached interest, just watching. The goal is to be able to de-escalate any emotions that may be clouding your view of how to move forward in a beneficial way.

Here is the pattern for step one: I feel _____ about _____ because _____. This is sometimes called a FAB statement.

- **I feel** _____ (*sad, happy, excited, angry, confused, etc.*)
- **about** _____ (*Be self-reflective and factually state the circumstance along with anything specific thing that triggered your emotion.*)
- **because** _____. (*Explore your reasons.*)

Happy Experiences

If you've had a good experience you'd like to keep in your journal, write it down by following the pattern.

This step may fall into a simple sentence, such as, "**I feel** delighted **about** seeing my new granddaughter **because** it brings me joy to see her sweet face and know she's part of our family.

Resolving Concerns

Here is an example of what the first step might look and sound like if you are resolving a concern. It is similar to my own experience when I was upset.

I feel surprised, sad, embarrassed and angry, too. I feel sick to my stomach **about** hearing two people gossiping about me when I went to the Parent Advisory Group at my daughter's school **because** I thought these two ladies were my friends, and what they were saying about me isn't true at all. It hurts to hear them criticizing me behind my back and spreading lies. I wish this weren't happening.

When you are using this first step of the *4 Steps of Discovery* to deal with upsetting or confusing emotions, it can help you get to the heart of a matter quickly without over-analyzing it or going into great detail.

- Remember that all of your emotions, both pleasant and unpleasant, can help you evaluate your life and your relationships. They help you make sense of life's ups and downs.
- After getting your feelings on paper, write about your experience in a self-reflective, factual way that states the situation without putting yourself or others in a bad light. Eliminate assumptions, blame, judgments and criticism of self and others.

- When writing, speak about the situation in terms of your *own* feelings and wishes for maintaining your *own* inner resolve. This reflects your desire to create positive change in your present moments as TODAY's ChangeMaker.

When upset or confused, writing step one by following the FAB pattern 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.

You may begin to recognize your own useful thought patterns, habits, beliefs and family patterns as well as those that are destructive. This helps you see with more clarity what may be getting in the way of your inner peace.

When you are stressed and emotions are running high you can tend to be more reactive. If the emotional part of the brain is working too hard, using this first step can help you begin to tune into the thinking/deciding part of your brain. It is where you process new insights, create new patterns and become creative. This is the portion of the brain that serves you well when you learn, concentrate on goals and seek to understand another point of view. JOURNALriffic writing can help you calm any run-away emotions, and it prepares you to choose a helpful response to your situation. It helps you move forward toward well-being, enjoyment and peace of mind rather than being stuck in anger, wanting to run away or staying stuck in fear—not knowing what to do.

Have you had any tendencies to be reactive instead of pausing to respond after thinking something through--even for a split second? If 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 now-unwanted habits caused by your thoughts

and feelings, 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-aware 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 criticizing or demeaning 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!

While 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, no matter your past. 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.

A Word About Relationships

“Being true to yourself and living in harmony with the principles of truth is the answer in every situation,” says Dr. Ronald Newsom. He teaches that core harmony is happiness and core stress is unhappiness.

In relationships, each person bears his or her own responsibility for their own thoughts, feelings, attitudes, actions, values and beliefs regardless of what another person chooses. Dr. Newsom continues, “It’s not about trying to please someone else. It’s about making choices for yourself and not looking for someone else to be responsible for you. Do not take offense. Taking offense would be your problem.” When you know who you are and act accordingly you will not take offense. You will be true to yourself.

If another person uses their choice to intentionally manipulate, abuse, exploit or deceive you, continue being responsible for yourself. It will become clear what you need to do. Using a metaphor that compares some people to alligators, Dr. Newsom says, “You can’t make sense out of alligators. Because you can’t control the alligator, you may feel there is something wrong with you...If someone wants to be an alligator, you can’t change them.” In relationships where you seek to be connected, remember that connectedness begins with empathy and compassion. He continues, “What are the chances of having a ‘connection’ with someone who is manipulating for their own purposes? Zilch. Nada. Zero. It is only possible to influence others, not control them or change them. They are responsible for their own choices, you are responsible for yours.” (personal communication, August 2015)

To gain further understanding of these teachings and view the free presentation of How to Be of Service Without Getting Hooked, visit www.LiahonaLightAcademy.com .

Step Two

UP (Universal Pinciples--Explore them.)

A principle is a natural law.

There are laws that govern the physical world, like gravity, and laws that govern happiness in human interactions, 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 is 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 of 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 explore your thoughts and feelings to determine the principle that was at work, creating a positive outcome, or was absent, causing pain, in the experience you are writing about in step one.

- Fill in the blank for step two.

I can see that _____ (*principle*) helped or could have helped in this situation. (*Name the principle. Use the list at the back of the book, if necessary.*)

Continuing my experiences from step one:

Happy Experience

New grandchild

Example: "I feel so full of love." (*principle*)

Resolving Concerns

Gossip

Example: "I can see that respect for self and others (*principle*) could have helped in this situation."

The principle you name will be the main underlying principle or universal law that was either used effectively when you had a positive result and a happy or peaceful 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 and humility.

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. This 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. This 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 cherish. He began to see the opposite of what he believed to be true in the original experience. He began to see, with new eyes, the stark

reality of the self-focus, impatience, and skewed version of love that was present in his 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 could not change the past, so in the present, he now had a clear choice. He could continue in a needy victim mentality and become one who hurts, rather than helps others, a victimizer, a manipulator, or he could break through the pain by being totally honest with himself. He could choose to put in the sincere and diligent effort that was needed to integrate principles more fully into the foundation of his character—into his heart. This way, he would begin to truly experience more empathy and develop true bonds and connections with others, rather than false bonds that lead to broken hearts and dead ends.

Do not confuse flattery with empathy. We each have the power within make choices that create well-being.

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 learn about and make the choice to integrate universal principles only 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 and integrating principles into your life 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 have desires to take consistent steps toward creating more happiness in your life. By JOINING THE QUEST at [FamilyTree Quest.com](http://FamilyTreeQuest.com), you will also be notified of our FREE telecalls where we discuss one principle a month. Our schedule of calls will also be posted on the [Ten Minute Treasure](#) page at CarolynCalton.com.

If you'd like to get sustainable results and be part of a community of people who are striving to beat the odds and change their personal and family history for the better, I invite you to join one of our [ReNEW YOU Membership Circles](#) where you will receive support, encouragement and connect with me or one of my team leaders in a small group setting.

Many good intentions die a slow death because of lack of follow through. Daily accountability is the stuff great habits are made of. Our ReNew YOU Membership Circles have a built in accountability feature that helps you turn your wishes into reality. You will connect with like-minded people and cheer each other on. End the isolation of feeling alone. You'll also have personal support from me or one of my team leaders who will come along side you as you implement these principles. [Get more information here.](#)

Step Three

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

The third step helps you 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.

Ponder upon the principle you chose in step two to glean wisdom.

- Ask yourself, "Did I identify the opportunity for growth in this experience and use my conscience-driven wisdom to grow personally?"
- Write down the wisdom you gleaned and the insight you gain as additional understanding comes forth. Use your own words just the way they come to your mind.
- Reflect upon the principle, notice your sincere desires to progress and then set your intention to receive other ideas, insight and strength that will help you to continue to grow. Remain open-hearted and open-minded to receiving further enlightenment as it comes.

Continuing with the principles identified in step two, here are some examples:

Happy Experience

Principle: Love

I reflect on the unlimited possibilities that have come into my life and family with the birth of this new child. I think about the many ways that people have influenced my life with their loving kindness and the feeling of joy it has brought me—even in small and simple things. I desire to share that kind of love and enduring influence with my new grandchild.. I stay open to new ideas and insights as I follow my intuition and observe others in their roles as grandparents.

Resolving Concerns

Principle: Respecting self and others

I reflect upon wisdom I have gleaned throughout my life relating to respecting self and others by not gossiping, and I decide to apply that wisdom to the current situation today. This is how my journal entry would read:

Over the years as I've worked on eliminating some of my own tendencies to talk about others outside their presence. I've learned that it is a quality of arrogant pride (ego) to put other people down and say things that are untrue about anyone else. It inflates a person's sense of self-importance and, ultimately, both parties are hurt. It's so easy to say things without thinking. I remember feeling core stress when I gossiped. Gossiping doesn't fit with who I really am. I will stay open and willing to strengthen any remaining weaknesses I have in this area.

Remember that the JOURNALriffic method is about introspection of self for self-discovery and for creating positive change in your present moments. This is done through integrating principles that help you re-discover your inner worth and help you do your own part to unify meaningful relationships.

Be thoroughly honest with yourself without putting yourself down. When resolving concerns, 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 inner 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.

Step Four

Do something specific. (Make a positive contribution.)

Journaling can help bring a sense of closure to your experience. It can help shift your perspective.

If journaling has helped you come to some personal resolve, fill in this blank

Since all I can control are my own decisions, I commit to remembering, learning or improving _____. (State something conscience-driven and courteous to yourself and others that you can do to remember your own responsibility and accountability for your own thoughts, feelings, attitudes, actions, values and beliefs and to be a positive influence on others.)

Happy Experience

New grandchild

Example: I will love her and pray for her each day. (This is something you commit to remember to do.)

Resolving Concerns

Gossip

Since all I can control are my own decisions, I commit to remembering to be respectful of self and others. Because of the wisdom I've gleaned from the past, I commit to being extra careful about not gossiping now.

- If you still have uncomfortable feelings after completing steps one to three of the *4 Steps of Discovery*, consider taking further action on resolving your concern.

- Keep in mind the attributes in your own character that can be a positive influence in the situation.
- Decide specifically what you will do to contribute to a healthy resolve of the situation, and write it down.

Fill in the blanks:

I will _____(action) on _____(date) _____(time) _____(place).

Next step: _____.

You'll notice that at the end of truthfully exploring your feelings in a self-reflective, factual way in the other steps, you have been prepared to be ready to find the words to declare positive, assertive actions that help restore harmony and stability to your emotions and positively influence your relationships. The action you take will not be an escape to avoid facing the situation. It will not be an action stemming from a reactive behavior. It will not be an act of revenge or hostility. That would be contrary to achieving principle-centered outcomes. It would not lead toward experiencing core happiness.

In the example I used, my self-reflection helped me to see that I wanted to talk to the ladies who were gossiping about me. Journaling alone did not provide closure for me. So in this part of this step, I decided I wanted to talk to them.

I stated:

I will talk to the ladies this coming Tuesday at 11 am at the school.

Next step: I would make the call to arrange our time together, so we could, hopefully, achieve more resolve.

- Now put your feelings to work for you. After your decision and before taking action, sit or lie down in a comfortable space and eliminate distractions. Close your eyes, take a deep breath, exhale slowly and direct your consciousness to pictures you create in your mind's eye. See the way you will show up in the interaction. Imagine, in your present moment and in vivid detail, all the amazing feelings that are

yours when you show up being honest and true to yourself and respectful to others. Keep in mind that other people have the power to make choices for themselves about how they will respond to you, so experience the feelings that are created by your choices alone.

Frequently participating in this guided imagery practice at the end of your steps allows you activate the visual cortex of your brain which can influence your physical and emotional states without receiving

direct input from your eyes. In this way, you help yourself elevate your mindset which influences the outcomes of your experiences. Since your choices are in alignment with your authentic self, you will come another step closer to developing- principle centered habits that lead to an overall happier life.

Using my experiences from step one:

Happy Experience

New grandchild

Example: No uncomfortable feelings to resolve. There is nothing more to write.

Resolving Concerns

Gossip

Example: Before we met together, I would visualize myself being happy, proactive and forthright about my point-of-view. In my mind's eye, I would see myself being respectful and being a good listener. I would watch myself assertively and honestly sharing my point of view, being confident and living completely in alignment with my true self. I would feel all the amazing emotions of happiness, confidence and vitality I feel when being true to myself as well as being a positive influence on others. .

Note: Tools to help you with visualization are listed in the [Strengthen Your Vision section](#) of the Additional Resources found at Family Tree Quest.

By following the *4 Steps of Discovery*, you are actively preparing courageously and confidently for the future by living a principle-centered life now. You stand ready to face each moment of each day — come what may.

What Next?

After using the *4 Steps of Discovery*, always express gratitude for the growth that your challenges allow you to create or for the welcomed feelings in the experience you wrote about. For example, joy, peace, tenderness, safety, security. After that, notice even the small steps toward a happier life. Pay attention to even the small changes in your life that help you feel more satisfaction, peace 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 have setbacks, just 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 love to live! Let JOURNALriffic's guided journal prompts help you.

Give it a try!

Grab your journal, and here we go!

Ask yourself, "What is my greatest joy or greatest concern today?"

Step One: Own Feelings and InnResolve (OFIR)

I feel _____ about _____ because _____.

State your own feelings without criticism of self or others. Remember your inner resolve is to be sincere, purposeful and courageous.

(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.)

Step Two: Universal Principles (UP)

I can see that _____ (*principle*) helped or could have helped in this situation. *(Name the principle. Use the list of principles and topics that are found at the back of the book, if necessary.)*

Step Three: Wisdom

Ponder the principle in step two to glean wisdom. Use your conscience-driven wisdom to gain understanding and grow personally.

Step Four: Do something specific

Since all I can control are my own decisions, I commit to remembering, learning or improving _____. *(State something conscience-driven and courteous to yourself and others that you can do to remember your own*

responsibility and accountability for your own thoughts, feelings, attitudes, actions, values and beliefs and to be a positive influence on others.)

If further resolve is needed:

Fill in the blanks:

I will _____(action) on _____(date) _____(time) _____(place).

Next step: _____.

Now, put your emotions to work *for* you. Close your eyes, eliminate distractions, take a deep breath and exhale slowly. Now, visualize and create images in your mind's eye that allow you to experience how it *feels* to show up in any given situation while being honest and true to yourself and respectful of others. Use vivid detail and feel deeply.

Express gratitude.

Notice even the small steps toward a happier life.

Templates and Daily Journal Prompts

The *4 Steps of Discovery*, also known as The JOURNALriffic Method, can provide a simple and easy pattern to follow for documenting happy or peaceful moments. The steps also allow you to quickly gain a sense of perspective and direction during times of emotional upheaval by using all four steps on any day, whenever you need them.

If you choose to dig a little deeper while creating lasting change, there are templates here that can guide your journal writing on a step-by-step basis, spread out over a week. The following templates and journal prompts are designed to be especially helpful as you create habits with a single **U**niversal **P**rinciple in mind at a time. With the guided steps and daily reminders, you can create or strengthen personal character traits that contribute to joy. There are enough topics in the principles and topics list near the back of the book for one year of study.

By using the *4 Steps of Discovery* each week, you can begin to consistently turn your weaknesses into strengths and improve the quality your life's experiences.

Feel free to join our free *Ten Minute Treasure Telecalls* to gather with other TODAY's ChangeMakers who are tapping into receiving support and guidance as they strengthen one principle a month, one step at a time. [Click here](#) to access the schedule of calls.

Our ReNEW YOU Membership Circles can also support you by providing charts and graphs for your daily accountability as you develop habits of

journal writing and take proactive steps to improve your life's circumstances. You will join with other TODAY's ChangeMakers and receive personal support from me or my team leaders. You will find more information by [clicking here](#).

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**nnner **R**esolve without criticism of self or others.).

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

Think of an experience in your life in which this principle or its absence played a role. Speak about the situation in terms of your own feelings and your own inner resolve to sincerely, purposefully and courageously settle an issue in your mind. Your desire is to help, and not hurt, yourself and others.

Monday JOURNALriffic Prompt

Today, I'm thinking about _____.

Write your experience in your journal.

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

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.

Reminders

- Remember that all of your emotions, both pleasant and unpleasant, can help you evaluate your life and your relationships. They help you make sense of life's ups and downs.

- After getting your feelings on paper, write about your experience in a self-reflective, factual way that states the situation without putting yourself or others in a bad light. You are writing your story as TODAY's ChangeMaker. You are not writing a victim story.
- As TODAY's ChangeMaker, speak about the situation in terms of your *own* feelings and wishes for maintaining your *own* inner resolve to create positive change in your present moments
- Remember the only person you have control over improving is you, and you are looking to glean wisdom, live purposefully and prepare confidently.
- Remain truthfully self-aware. Avoid putting yourself down.
- Criticizing or demeaning others acts like a poison to self and relationships and is a waste of time and energy if the result you seek is to enjoy thriving relationships.
- As you create change in yourself, other people will either resist or adapt. Be respectful and use discretion, but remember you have the *power within* to discover healthy ways to grow in spite of obstacles.

Have a GREAT Mindful Monday. Happy Journaling!

Talk About It Tuesday

Once again, remember that you 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**. (Universal Pinciples--Explore them.)

What are Universal Principles?

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.

Tuesday JOURNALriffic Prompt.

Explore the universal principle that you have chosen for this week. Reflect on how it applies throughout your life, then notice how it applies specifically to the experience you chose from Monday.

Explore by pondering, reading, writing, using the Internet, talking to someone, remembering something from your experiences, etc. Leave your mind and heart open to receive insight and understanding that can help you in your present moments.

Today's prompt is not about put-downs of self or others or rehashing the past. It's about gleaning wisdom, making improvements now and moving forward—away from emotional toxicity or mistaken thinking. It's an effort to put principles into action and secure them in your heart. You are consistently moving toward health and well-being as you strive to be fully responsible for yourself and consider ways to be a positive influence on others. It is about creating a life in alignment with your true inner worth and innate value rather than enabling weaknesses and making excuses.

How-to use Tuesday's 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.
- If you choose, pray for help and guidance and insight.
- Thoughtfully study the words of others on this subject. Use scriptures, books, magazines, the library, Google or other search engines on the computer, any source you choose, 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 arguing. 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 _____ (the principle) in my daily living.
- Choose one specific action step that you will take toward improvement. Write it down and put a reminder in a place where you will 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**inciples--Explore them), and check out your IN-vironment.

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

Wednesday JOURNALriffic Prompt

Ponder the answers to these questions, then write in your journal.

- 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?
- Do my thoughts and words build myself and others up, 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? Am I critical and pessimistic or encouraging and optimistic?
- Are my thoughts, words and self-talk beneficial or self-defeating? Do they feed me with positive energy or drain me and leave me feeling deplete?
- What excuses do I make for not elevating my thoughts, words and actions and why?

- Do I want to make a commitment to 'Watch My Words' and improve? If yes, on a scale of 1 to 5, 5 being very strong and 1 being very little, circle your level of commitment. 1....2....3....4....5
- Write down your commitment and any other observations that may benefit you.
- Write down a specific action step you will take toward improving.

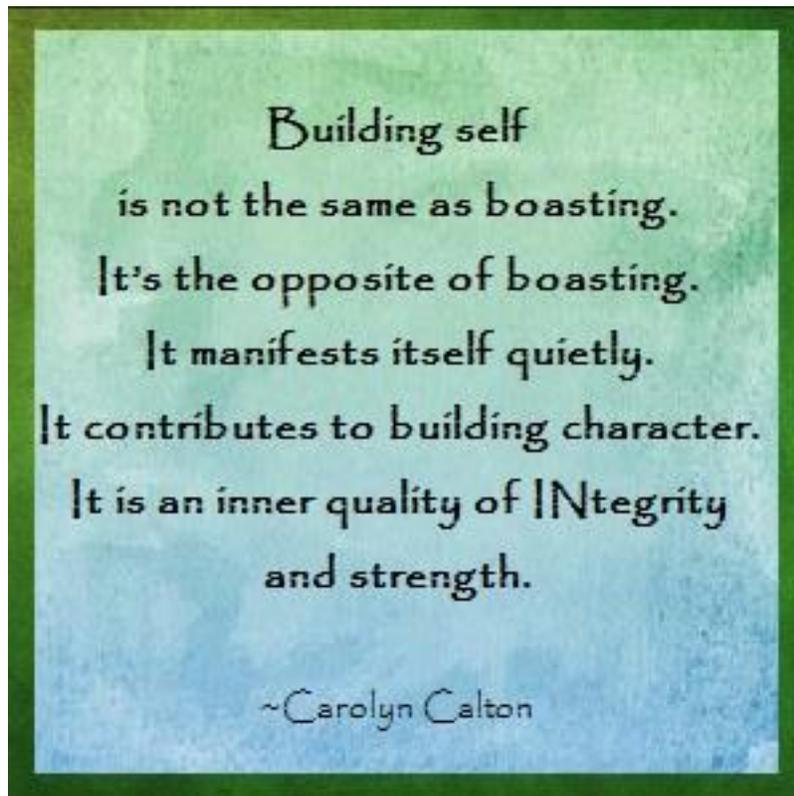
Remember

True commitments take repetitive action steps to turn the commitment into a real habit of behavior that begins to come naturally. Daily accountability to yourself and to your commitment is important.

One method of elevating your habits with the words and phrases you use is to silently say the word *pause* in your mind when you notice yourself saying a word or phrase you want to eliminate. Then you can rewind your thoughts very quickly to the place you were in with your thinking before that word or phrase began to come out of your mouth. Say delete in your mind, and begin there. Consciously choose what you say instead of what you habitually say. 1) Pause, 2) Rewind, 3) Delete, 4) Replace is a good pattern to remember and say in your mind.

It can feel hard because, without knowing it, you've created neural pathways in your brain that are activated by these self-chosen habits that have been formed over time. New neural pathways are being formed with each new choice. In time, these new pathways will become stronger than the old ones. You can act in your own behalf to change your life. You have the power to do so. The question is, do you have the desire and determination it takes to improve your life and bless the lives of others? Do you have the tenacity? Are you willing to make the effort?

You can be blessed beyond your own perceived capacity, as you take one step at time to make sure you're helping yourself and others, so you can leave life better than you found it.



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**. How does the universal principle you've chosen this week help you?

Thursday JOURNALriffic Prompt

Remember that life is happening *for* you, not *to* you. It's the lessons we learn from adversity that help us grow and remember who we really are. With that perspective, ponder upon the principle you've chosen, and seek wisdom.

- Using the experience you chose from Monday, ask yourself, "Did I identify the opportunity for growth in this experience and use my conscience-guided wisdom to grow personally?"
- Write down the wisdom you gleaned and the insight you gain as additional understanding comes forth. Use your own words just the way they come to your mind.
- Reflect upon the principle, notice your sincere desires to progress and then set your intention to receive other ideas, insight and strength that will help you to continue to grow. Remain open-hearted and open-minded to receiving further enlightenment as it comes.

Using Wisdom to Turn Your Deepest Desires into Reality

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. Each of us is equipped to be able to find answers within ourselves when we seek them. Often they come through having multiple experiences. This *Think About It Thursday* message and exercise serves as catalyst for your pondering

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.

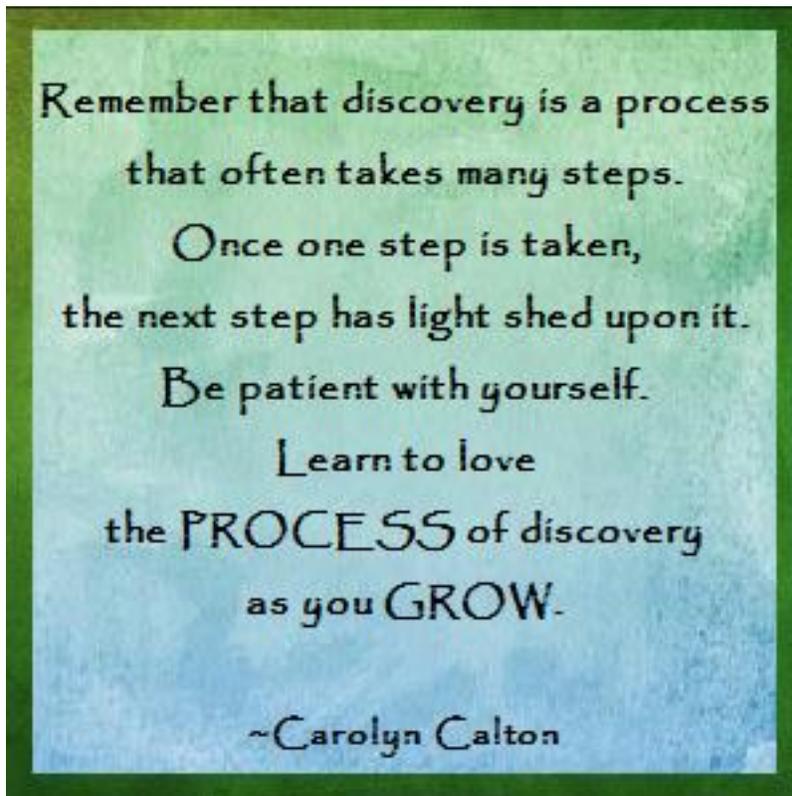
It is the wisdom that you glean because of your own life's experiences that helps you make choices that allow you to experience and maintain the condition of happiness as well as peace, contentment, acceptance, forgiveness, serenity, and all other conditions that are desirable in one's life. Don't fret 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*.

Russell M. Nelson shared this truth 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 live in alignment with the *you* that is loveable and unique. It's the *you, your authentic self*, that is remembering and understanding the principles and laws by which you function best—physically, socially, emotionally and spiritually.

When you embrace principles with your whole heart, they become your attributes, your natural ways of being who you really are. 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.



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.*)

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

In your journal entry today, write these sentences with your responses:

- My life has improved by allowing myself to feel deeply and ponder the principle of _____. (Remember, 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 your feelings.)
- Summarize or restate some of your insights if it's helpful.
- 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 other people! Although they may influence your choices, you are responsible for what you choose to do with your life's experiences. Dig deeper than your outward excuses. Take responsibility for your emotions that may be causing the excuse. Get to the root. You are responsible for your own thoughts, feelings, attitudes, actions values and beliefs. You can change your life.)

- 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 in your mind's eye of the positive feelings it evokes, so you can consciously observe and elevate the outcomes of your experiences. For tools to help you with this, see the [Strengthen Your Vision section](#) of the Additional Resources found at FamilyTreeQuest.com.

- TAKE ACTION ON THAT ONE THING! When you do, remember to record it in your journal, too!

Reminder

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](#).

Now, the Not-To-Be-Forgotten Part

After using *The 4 Steps of Discovery*, always express gratitude for the growth that your challenges allow you to create or for the welcomed feelings you've observed (enhanced joy, peace, tenderness, safety, security, to name a few.). 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!

Saturday and Sunday

JOURNALriffic writing is perfect for those who want to journal weekdays only and take the weekend off, or it can be continued each day of the week. If you'd like to extend your journaling into Saturday and Sunday, you can express your gratitude on Saturday and write down what you are noticing about any of the principles you're working on by including your ideas and experiences on Sunday.

Weekends can also be used for free-writing (following the free flow of your thoughts), or for catching up on delving a little deeper into gaining insight with a particular situation you would like to resolve. Sometimes, on the weekends, I like to recap, in writing or on the computer, the joys and milestones of my week—keeping them organized for my family history. Choose what best suits your lifestyle and purposes on the weekends.

Enjoy!

JOURNALriffic Feelings and Attributes List

This selection of words is a resource to help you describe how you truly feel. It's time to be completely honest with yourself. 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	dishonest disrespectful irresponsible not mindful flippant gullible pessimistic dull possessive ignorant uncaring self-seeking deceptive unreliable impulsive unhealthy worldly, materialistic discourteous inefficient mean

reverent
self-assured
free
serene
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

irreverent
conceited
in bondage
agitated
unfaithful
uneducated
unpleasant
intolerant
insensitive
stagnant
malevolent
unreasonable
closed-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

artistic	uncreative
reserved	agitated
joyful	sorrowful
exciting	dull
responsive	unresponsive
wise	unwise
adaptable	inflexible
tactful	impolite
peacemaker	instigator
calm	frenzied
adventurous	timid
motivated	unmotivated
happy	unhappy
in tune	out-of-sorts
tenacious	afraid
adorable	detestable
orderly	chaotic
flexible	inflexible
loyal	disloyal
steadfast	faltering
searching	un-inquisitive
relaxed	rigid
talented	unable
teachable	resistant to learning
inquisitive	uninterested
thrifty	spendthrift
prayerful	unbelieving
obedient	disobedient
ambitious	unenthusiastic
inspired	unmotivated

Obviously, this 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

When implemented sincerely and regularly, these are some of the principles that govern human interaction that lead to happiness. With personal desire and integration, they become qualities of character. They can become attributes that help you make positive contributions in your relationships. There are enough principles and topics for you to consider as your topic of the week to last for one year.

Also, check out the [Ten Minute Treasure page](#) at CarolynCalton.com to find any current FREE Telecalls that will support your progress in these areas. Explore the website to discover additional resources and principle-centered messages of hope and inspiration for TODAY's ChangeMakers.

I also invite you to get updates and be inspired by joining 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 (This is not the same as enabling someone's weaknesses.)
9. Compassion / Compassionate
10. Mercy / Merciful
11. Being Steadfast / Firm in purpose
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, deeply respectful
14. Lifelong learning/ Creativity (Strive for excellence. Be your best self. Aim high.)
15. Meek / Meekness
16. Patient / Patience
17. Friend / Friendly
18. Pure In Heart / Have a clear 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. Serving others without expecting anything in return.)
37. Hard-working / Hard worker/ Healthy Work Ethic (Taking your own responsibility. Having a healthy sense of duty. Showing integrity. NOT being workaholic---which is actually avoiding other responsibilities and priorities.)
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 or having a "better than you" attitude.)
49. Orderly / Organized (Having an inner sense of balance, harmony 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

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](http://CarolynCalton.com), FamilyTreeQuest.com and is also the CEO of Dr. Ronald Newsom's Liahona Light Institute, of which The [Liahona Light Academy](http://LiahonaLightAcademy.com) 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 emotional, spiritual and physical health in order to 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

Feel free to join our free *Ten Minute Treasure Telecalls* to gather with other TODAY's ChangeMakers who are tapping into the power strengthening one principle a month, one step at a time. [Click here](#) to find out more and receive email notifications.

Creating positive life-change takes consistent effort. Our [ReNEW YOU Membership Circles](#) can support you by providing charts and graphs for your daily accountability as you develop habits of journal writing and take proactive steps to improve your life's circumstances. You will join with other TODAY's ChangeMakers and receive personal support from me or my team leaders. You will find more information by [clicking here](#).

As founder of Family Tree Quest, people often ask what tools I recommend for journaling, organizing family history, strengthening traditions through celebrations and visualizing. A current list can be found on the Additional Resources page at [Family Tree Quest](#).

Stay connected on Facebook at [Family Tree Gal](#).

Whether you proceed on your own or secure your new habits with group support and daily accountability, I wish you much happiness.

May you find great benefits
by using JOURNALriffic's
4 Steps of Discovery.

Happy Journaling!

References:

1. Broderick, Dr. Carlfred. *One Flesh One Heart*. Salt Lake City: Deseret Book, 1988. Print.
2. Neuenschwander, Dennis B. "Bridges and Eternal Keepsakes." *Ids.org*. n.p. April 1999. Web. 6 June 2015.
3. Newsom, Dr. Ronald. *Life, Liberty, Happiness: Rediscovering Your True Identity*. n.p. April 2013. Print.
4. "Pierre Teilhard de Chardin Quotes." *Brainy Quote*. n.p., n.d. Web. 6 June 2015
5. Nelson, Russell M. "Face the Future With Faith." *Ids.org*. n.p. April 2011. Web. 6 June 2015