

JUNE JOURNAL — Practicing Beautiful Stories

“Those who tell the stories rule the world.”

— *Hopi American Indian proverb*

1. **Grab your sheet from yesterday where you found a bunch of new stories. And look at the section about how those new stories felt in your body. Re-write / summarize those feelings here:**

“Excited. My chest is uplifted and I feel energized, delighted and hopeful.”

2. **Choose one of the stories you found from before that you liked, or choose a new story / a new belief that is beautiful and feels just like you described above.**

“I am lovable and destined to find someone in to partner up with because I’m fun & kind & beautiful.”

3. **Now I want you to commit to practicing this new story twice a day every day for the next week.**

- **First, you’re going to look for moments that feel like that old story to you, and you’re going to take just 60 seconds to try and change that story to this new one and it’s new feelings.** You don’t have to succeed, you just have to try. Trying is enough!
- **Second, you’re going to walk into moments in your life feeling these new feelings and that new story. So you decide to walk into work feeling that way / believing that story, and carrying yourself that way.**

You decide to cook dinner, or get on Facebook, or have a conversation with your partner embodying this new energy — **for again JUST 60 seconds.**

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4. **To remind yourself you are going to put up a note where you will see it daily, in your handwriting with this statement:**

I am.... (*fantastic / lovable / good at my job, etc*)...., I know this in my heart
and I don’t need outside circumstances to tell me it’s true.