



7 Days to Recognize

A Guided Journal

By: Sarah Misson



7 Days to Recognize

Thank you for being here and thank you for your openness and your willingness to start this journey. This is all about YOU! Whenever you open these pages and begin the work, it is all about you. The spaces in this journal are left open for you to freely write out, brain dump, or just ramble and scramble until connections are made. Before we begin though, I would like you to consider a few things when you are writing.

#1 I would like you to actually **write with a pen or pencil on the printed-out paper**. If you are not able to print the journal then please designate a notebook for the writing and refer to the daily prompts and answers in the notebook.

#2 Please be aware of “I/ Me/ My” statements vs. “**You/ He /She / They**” statements. The difference between ~ “I was so angry and hurt when I opened the gift” is a much different story to record **and learn from** than one that reads “He gave me the worst gift. He made me feel like I was smaller than a speck of dirt.” The first example is an “I” statement which is owning the experience and telling how the person was feeling. Telling their own story. The second example is a “You” statement. These types of sentences throw blame at other people and avoid the internalized experience. There is value in getting out the story either way, but I encourage you to take a look at the examples and feel the difference. If you can, use “I” statements, so you are **valuing your own experience** and you are connecting to how much you are experiencing through your own eyes. Feel what you felt. **What we feel and how we react to events are under our control**. The more emotional baggage you release, the more control you have.



#3 Understand whatever story you are telling, please remember it is your perspective of the story. If there were 4 other people at the same event, realize there will be 5 stories that may not match up exactly. We all bring our own personalized baggage with us where ever we go, and this affects the filter that we see through.

#4 Plan to take 10 to 15 minutes to work on this each day. **Pick the best time for you right now**, before you start. If you are a morning person, commit to doing this first thing in the morning. If life gets crazy as soon as you walk in the door after work, then plan to spend time on this at the end of the day while you are still at the office or away from home. The evening is great if that is your prime time for scooping out a reliable time for you. ***Away from screens, away from distractions, just quiet time for yourself to be with yourself.*** (If all else fails, don't underestimate the refuge of the bathroom!)



PLEDGE & PROMISE TO YOURSELF!

I, _____ pledge to work through this journal for these next 7 Days so I can recognize the story that I have accepted, the story that I believe, and the story that is holding me back from the life I want. The best time for me to do this work is at ____:____ AM /PM. I am open to the connections I am about to make and I look forward to supporting my beautiful body as it unfolds.

Your signature



"A journey of
a thousand
miles begins
with a single
step."
- Lao Tzu

Day 1

I am going to explore the following issue: _____

(ex: why my back hurts, difficult relationships, struggle with anxiety, fear of success... whatever you feel is holding you back from being happier, feeling calmer, reducing pain, giving and receiving love, etc.)

Whenever you see a blank in a journal prompt, write in your issue to complete the sentence.

Complete this statement below by rewriting the issue you listed above. Then read it out loud at least once, then take 3 long, slow, deep breaths.

Thank you for the connection I am about to make with my body and my mind so I will understand better why _____.



Today's work:

The first time I noticed _____ was:

Five horizontal lines for writing.

What has this _____ kept me from doing:

Five horizontal lines for writing.

What would my life be like without _____?

Five horizontal lines for writing.



“

Yesterday I
was clever, so
I wanted to
change the world.

Today I am wise,
so I am changing
myself.

Rumi

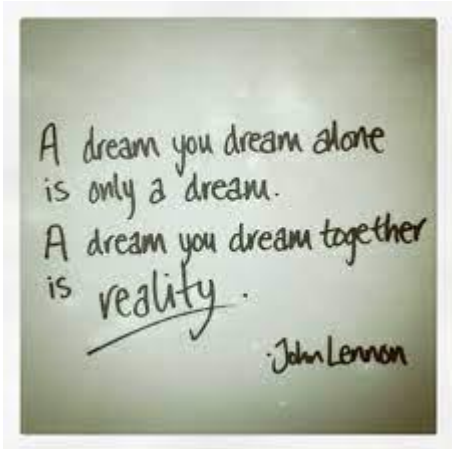
Day 2

Read the statement below (the same one you filled out yesterday) out loud at least once and take 3 long, slow, deep breaths.

Thank you for the connection I am about to make with my body and my mind so I will understand better why _____.

Today's work:

Do I know anyone else that has _____ (list as many people as possible)?

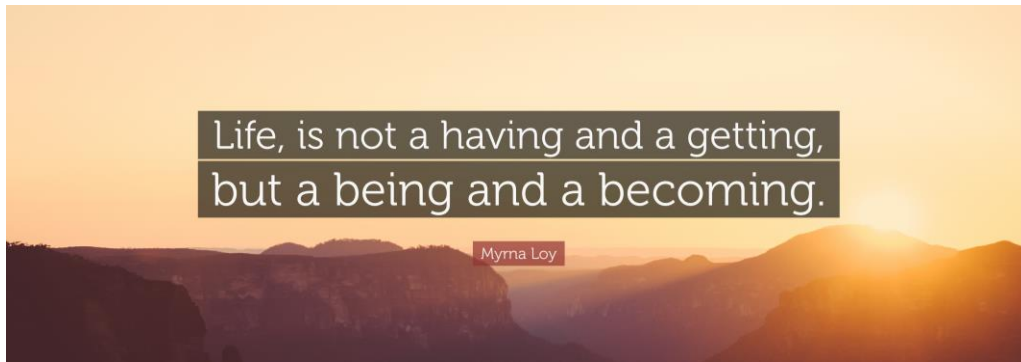


Day 3

Read the statement out loud at least once to begin your work and take 3 long, slow, deep breaths. Thank you for the connection I am about to make with my body and my mind so I will understand better why _____.

Who around me (friends, family, celebrities, fictional characters, anyone) does NOT have _____?

What does it look like to move past this or never have to deal with it?



Day 4

Read the statement out loud at least once to begin your work and take 3 long, slow, deep breaths:

Thank you for the connection I am about to make with my body and my mind so I will understand better why _____.

Every action brings us an equal or an opposite reaction. There is a positive side to the issue that you are having. It may seem that it is endless struggle and suffering but looking through that experience there is something else on the other side of the story. If you are having money issues, this might be because you have all the latest tech gadgets. So, one benefit of your money issues might be the possession of physical items, or that you feel very “connected”. Sometimes having money issues will lead to others loaning/ giving money to you when you complain about coming up short financially. Lunch will be picked up by the other person, or mom/ dad/ friend/ roommate might help you out and pay the energy bill or the groceries. These are all things that you are receiving as a direct consequence of your issue. Please look deep and find at least 5 things that your issue brings into your life that are positive. Some other examples would be: more sleep, a break from housework, gifts of money, excused from school or mainstream expectations, or you are given attention. This information you are looking to discover should not be judged. It is just information to help you understand another piece of the puzzle that makes up your story around your issue. Do you want



someone to be financially supporting you? Do you feel like someone else should be helping with the care of the kids or the house? Are you craving a different work/ school environment? We are after the story. Once you know the story you have a better opportunity to change it. Proceed with love!

I understand that because I deal with _____, I receive

The story behind this benefit might be _____



I understand that because I deal with _____, I receive

The story behind this benefit might be _____



I understand that because I deal with _____, I receive

The story behind this benefit might be _____





I understand that because I deal with _____, I receive

The story behind this benefit might be _____

∞

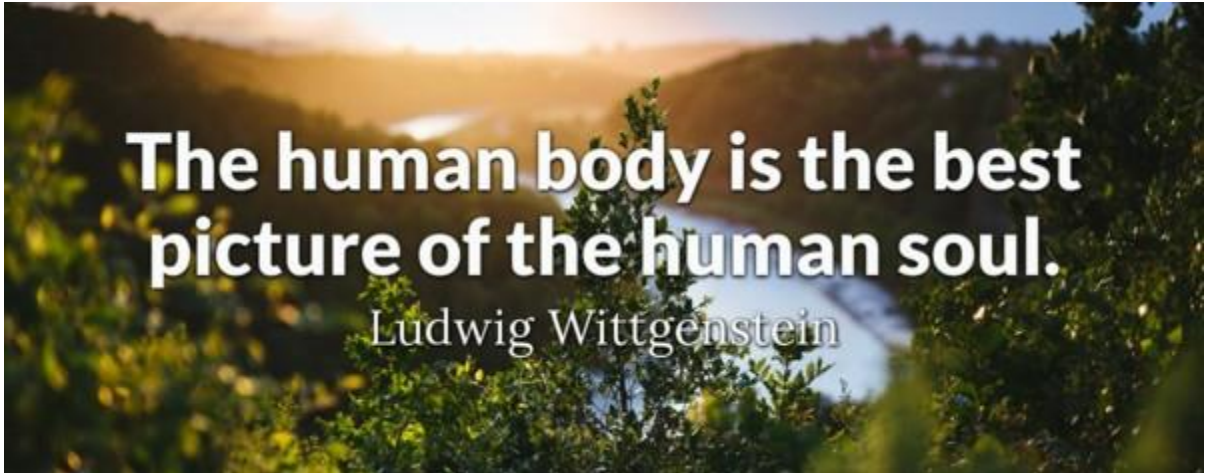
I understand that because I deal with _____, I receive

The story behind this benefit might be _____

∞

I understand that because I deal with _____, I receive

The story behind this benefit might be _____



Day 5

Read the statement out loud at least once to begin your work and take 3 long, slow, deep breaths.

Thank you for the connection I am about to make with my body and my mind so I will understand better why _____.

Today you are going to tell the story of your issue. Write it all down. In detail, in an outline, or in ramblings that only make sense to you. The goal of this 7-day journey is to **RECOGNIZE** the story behind the problem. This is looking deep into the symptom and being open to seeing the root cause. What themes have you uncovered in the last 4 days? What opinions do you hold for others with or without the issue you have? I will also invite you to connect with the word we are using for this work ~ **recognize**. This opens the mind to the thought that *this knowledge is already in there, in your body, all around you*. You only have to connect the dots and UN-cover or DIS-cover what is already there and just waiting to be recognized.



Day 6

Read the statement out loud at least once to begin your work and take 3 long, slow, deep breaths.

Thank you for the connection I am about to make with my body and my mind so I will understand better why _____.

These are the emotions that I wrote about in my story from Day 5:

- Emotion: _____ The opposite of the emotion is: _____
- Emotion: _____ The opposite of the emotion is: _____
- Emotion: _____ The opposite of the emotion is: _____
- Emotion: _____ The opposite of the emotion is: _____
- Emotion: _____ The opposite of the emotion is: _____
- Emotion: _____ The opposite of the emotion is: _____



Remember,
you alone get
to choose what
matters and
what doesn't.
The meaning
of everything in your
life has precisely
the meaning
you give it.
- marcandangel

Day 7

Read the statement out loud at least once to begin your work and take 3 long, slow, deep breaths.

Thank you for the connection I am about to make with my body and my mind so I will understand better why _____.

Cultivating positive emotions:

Using the list of emotions written out yesterday, write down at least 5 that are positive emotions:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____



A great statement to say out loud would be something like: "It is my choice to feel these emotions and it is my wish to have them be part of my every day." You could be specific and name the emotions. Fun fact! This becomes more powerful if you say this to your reflection in the mirror!

Write out 3 ways to experience each of the emotions listed above:

1. I can experience this emotion of _____ in these 3 ways:

- _____
- _____
- _____

2. I can Experience this emotion of _____ in these 3 ways:

- _____
- _____
- _____

3. I can Experience this emotion of _____ in these 3 ways:

- _____
- _____
- _____

4. I can Experience this emotion of _____ in these 3 ways:

- _____
- _____
- _____

5. I can Experience this emotion of _____ in these 3 ways:

- _____
- _____
- _____

You just listed 15 ways to experience some great positive emotions! Please make sure at least 2 of these are part of your day today!!



Today is the last day of this guided journal

Thank you so much for all of your work getting to the wisdom of today!

It has taken a lifetime!

You may be wondering what comes next. This 7 Days to Recognize Guided Journal is a resource that is yours to have and use as many times as you want. It is a great first step in the dis-covering of the underlying beliefs that steer you through life from behind the curtain of the subconscious mind. Over the last week, there may be a certain day that you particularly connected with, or an area that you struggled with. It is my hope that will keep working and keep wondering and keep loving yourself a little more every moment. Please check my website and online resources as well, consider signing up for my email subscriptions list to get tips on mindset, resources on releasing trauma, and reminders to be gentle and loving to ourselves.

Wishing you endless Love & Gratitude!

~ Sarah Misson

Life Coach * Licensed Massage Therapist * Certified Emotion Code Practitioner * Reiki Practitioner * Believer

~ Check out these ongoing resources ~

YouTube Channel: Align with Sarah
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**“There is no end to education.
It is not that you read a book,
pass an examination,
and finish with education.
The whole of life,
from the moment you are born
to the moment you die
is a process of learning”.**
~J.Krishnamurti

