

My Secret Journal

Step-by-Step Independence For Myself Now

by

Beth Lord

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Beth Lord and Me

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My Secret Journal

Dedication

To Me!

Beth Lord

Other Books by Beth Lord

Points of Consciousness from The Camino

Finding Otis

The House On 16th Ave. N.E.

La Dolce Vita a Villa Picalò/Living The Sweet Life At Villa Picalò

Acknowledgements

To the fellowship of my Write Heart Memories®

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My Secret Journal

I am traveling into myself.
What I find useful I am pulling out and using it to
help me in the physical world.

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Step One:

Write/Scribble/Draw/Move/Meditate/Other

Go explore what gets the chatter out of me and calms me down into a single focus.

Explore Page

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Go explore what gets the chatter out of me and calms me down into a single focus.

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Step One:

What gets the chatter out of me and calms me down into a single focus?

Concrete Ways To Help Me With This Step.

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

Other:

Step Two:

Use what I learned in step one to focus on:

How can I simplify my life?

Explore Page

Step Two:

Use what I learned in step one to focus on:

How can I simplify my life?

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Explore Page

Step Two:

Use what I learned in step one to focus on:

How can I simplify my life?

Explore Page

Step Two:

How can I simplify my life?

Concrete Ways To Help Me With This Step.

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

Other:

Step Three:

Breathe

What distracts me from focus and simplifying my life?

Explore Page

Step Three:

Breathe

What distracts me from focus and simplifying my life?

Explore Page

Step Three:

Breathe

What distracts me from focus and simplifying my life?

Explore Page

Step Three:

Breathe

What distracts me from focus and simplifying my life?

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Step Three:

Breathe

What distracts me from focus and simplifying my life?

Explore Page

Step Three:

What distracts me from focus and simplifying my life?

Concrete Ways To Help Me With This Step.

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

Other:

Explore Page

Step Four:

Feeling my feelings give me my internal clues..

Notice how my feelings change throughout the day.



Explore Page

Step Four:

Feeling my feelings give me my internal clues.

Notice how my feelings change throughout the day.

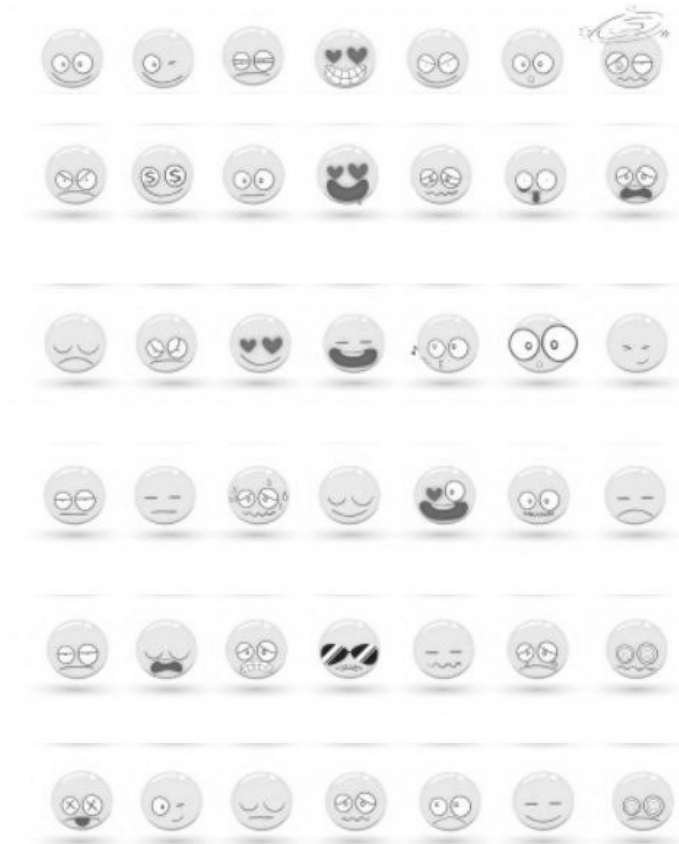


Explore Page

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Notice how my feelings change throughout the day.



Explore Page

Step Four:

Feeling my feelings give me my internal clues..

Notice how my feelings change throughout the day.



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Step Four:

Feeling my feelings give me my internal clues.

Notice how my feelings change throughout the day.



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Step Four:

Notice how my feelings change throughout the day. Feeling my feelings give me my internal clues..

Concrete Ways To Help Me With This Step.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

Other:

Step Five:

Most feelings can be categorized as either fear based or love.

Notice what things I do in my daily life that create more fear, tightness and dis-ease. Notice what things I do that create an opening in my heart for love and other joyful experiences.

Explore Page

Step Five:

Most feelings can be categorized as either fear based or love.

Notice what things I do in my daily life that create more fear, tightness and dis-ease. Notice what things I do that create an opening in my heart for love and other joyful experiences.

Explore Page

Step Five:

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Explore Page

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Explore Page

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Concrete Ways To Help Me With This Step.

- 1 _____
- 2 _____
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- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

Other:

My Secret Journal

Most feelings can be categorized as either fear based or love. Notice what things I do in my daily life that create more fear, tightness and dis-ease. Notice what things I do that create an opening in my heart for love and other joyful experiences.

These are the crucial steps I need for creating my own independence and liberation from the harm I give myself instead of the love I must feel within me to nourish me.

If I am loving me, listening and responding to my internal and external cues, it's amazing how I have more vital energy within myself. I also have more passion and compassion in my daily life with family, friends, coworkers and the rest of humanity I meet here and now.

Kindness must be given to me as I find out who I am.
I am creating my own safe and secret space to love me
as I am.

The following pages (both blank and lined) are for me to explore my independence from fear.

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What is my story?

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What is my story?

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What secret have I found out about myself?

Epilogue

The heart is a gentle, courageous soul that waits for me
to move into action.

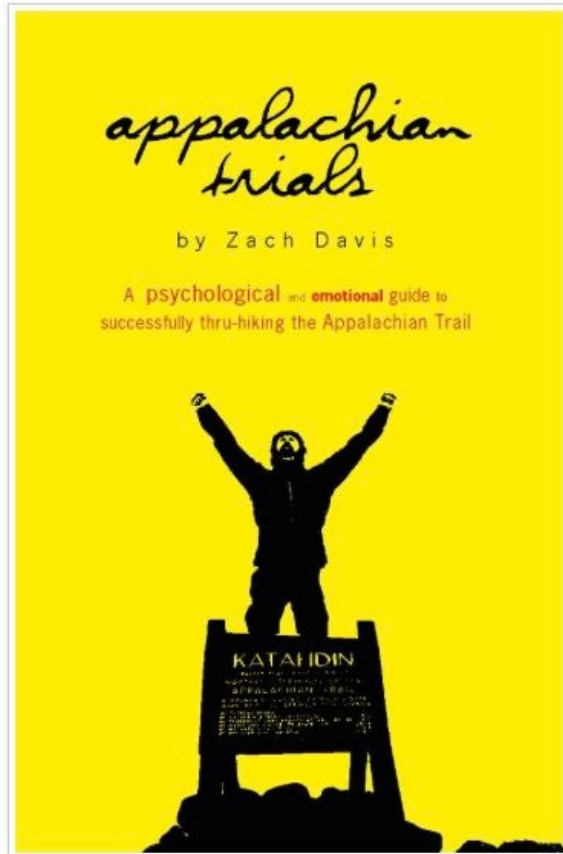
The mind tries to convince me otherwise
with an unstoppable fear that works to keep me
contained in its invisible box
with imaginary walls, windows, and doors so
my heart can't escape.

But when my heart escapes out of mind's clutches and expands,
mind moves out of the way for this greater truth, wisdom and
love.

I am so much more than who I think I am when I let my heart
expand. The heart moves me along and connects me to feelings
that can be expressed and balanced any time in my
Write heart memories®.

Beth can be reached at
beth@bethlord.com

A Lovely Thank-You for Zach Davis who has allowed me to use his artwork for this cover.
His book is:



You can find him at: [@zrdavis](#) and zrdavis.com