



A Personal Inventory



This exercise will help to identify, examine and release the fears, resentments and negative thoughts that are often under the surface. Thoughts create feelings and feelings can build into a block that holds you back.

It requires a journal and 5 columns drawn up.

You start with people or situations that create fear, anxiety or resentment. You simply list each in the first column. The following prompts may help:

- Afraid of
- Resentful of
- Sad about
- Regretful for
- Anxious about

In the second column you briefly cover why – what situation/s has/have created this?

In the third column note how does this make you feel? What emotions is it churning up? What does it make you think, feel and say to yourself?

In the fourth column you ask yourself, what part have I played in this? How have I helped to create it?

In the fifth column you identify what this is costing you – how is it holding you back in your life today?

Example

Person, place, or thing	Describe what the situation is	How does this make me feel?	What part have I played in it?	What is the cost of this to me?
Diane	Published a book that has already had more than 8000 downloads on Amazon.	Envious, she's amazing, I will never enjoy that level of success. I'm not nearly good enough so why even bother trying?	I am watching every move she makes and comparing myself to her	I won't even try! I have an idea for a book, but I think it is not worth it, so I procrastinate....
Mum	She never listens to me – she always has a bigger, better story to tell and dominates every conversation we have	Angry – she never has time for me and is too focused on herself	I don't actually call her very often, she probably feels that she needs to fit everything in one conversation.	A strained relationship – I am always feeling guilty or angry and that stops me from calling – vicious circle

Can you see how the reaction and thoughts create the feelings? Recurring thoughts like this can create a downward spiral and it certainly is not conducive to a healthy mindset and progress!

So, get all of the thoughts and feelings and fears down onto the list and look for patterns. It is those repeat offenders that we want to identify and release.

You may choose to share these with a close friend to release them, or simply acknowledge them and then discard the notes – it is up to you. Releasing them to a Higher Power, asking for help in removing any doubts or fears or other emotional states that are holding you back is a powerful symbolic exercise.

You can also invoke the use of the Hawaiian Healing Philosophy Ho'oponopono – a four step release mantra encompassing:

I'm sorry
Please forgive me
Thank you
I love you

You can read more about the origins and "how to's " of this method and watch a short video interview about it here>>

<http://www.laughteronlineuniversity.com/practice-hooponopono-four-simple-steps/>

And the next step in this journey is to simply become aware when unsupportive thoughts rise up in your daily life, pause, recognise and acknowledge them. And then let them go.

It's a process that gets easier with practice 😊

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