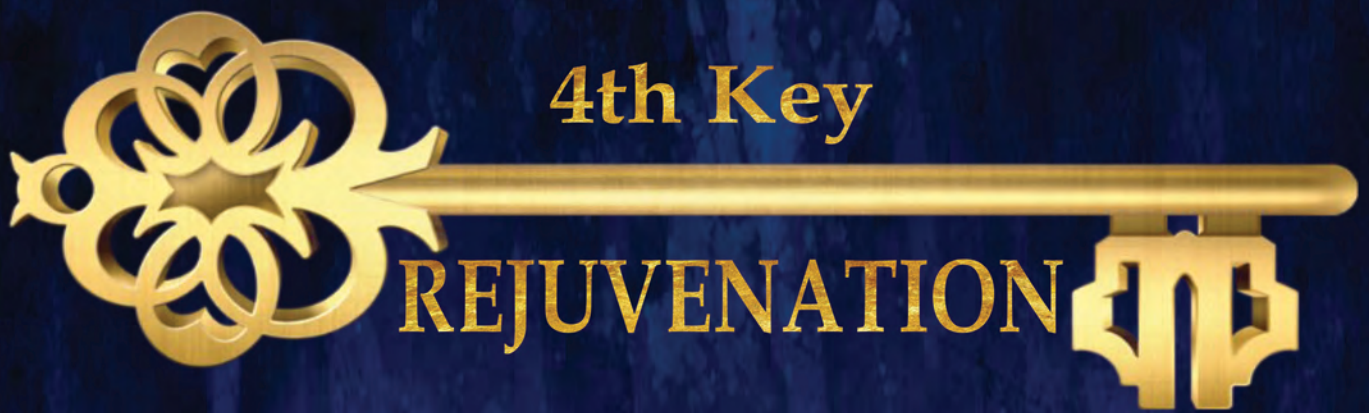


4th Key



REJUVENATION

VISUALIZATION REEXAMINATION PROCESS

REJUVENATION: REBIRTHING KEY
BRIDGING PASSIONS WITH MISHAPS:

ISSUE: _____

VISUALIZATION: Reexamine the event, how can it be of substance to you today. Was this past event part of your preparation for today? If so, how has it strengthened and bridged your purpose. If not, how can you develop strength from this event?

EMOTIONAL BALANCE BAROMETER: 0 to 10 _____
(0 no Impact 10 severe Impact)

INTERNAL BALANCE ROUTINE FOR TODAY: _____
(Yoga, Walk, Meditation, etc.)

MY LIFE

In each milestone create what may have been your passions and what events were mishaps:

	PASSIONS	MISHAPS
Birth		
Toddler		
Latency		
Adolescent		
Young Adult		
Adult		

RECOGNITION OF PASSIONS AND MISHAPS

LIST YOUR PASSIONS HERE:

LIST YOUR MISHAPS HERE:

LIST YOUR PASSIONS ON THESE PETALS



LIST YOUR MISHAPS AT THE END OF EACH ROOT



THE “ME”

EVOLUTION OF PASSIONS AND MISHAPS

Using the pedaled passions and the rooted mishaps, write your story, in what ways did your mishaps bridge with your passions to create a more empowered and strengthen “You.” Exam the passions and mishaps written above and describe how they have helped in revitalizing you. What are their connections? Why did they exist in your life? What strengths did mishaps bring to your strengthening your purpose?

HOW TO BRIDGE YOUR PASSIONS AND MISHAPS

List changes that can be made to Bridge your Passions with your Mishaps:

PAST NEGATIVE CAUSE	CURRENT POSITIVE AFFECT

PRIORITIZE YOUR PASSIONS, YOUR MISHAPS, AND YOUR CHANGES

Passions

Mishaps

Changes to self



CREATE YOUR LIVING TREE OF CHANGE PROCLAMATION

I, _____, proclaim to do the following in order to utilize the gifts and strengths bestowed upon me and to overcome the burdens that have disempowered me:

I AM:

I CAN:

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RELEASE

THE KEY TO BRIDGING PASSIONS WITH MISHAPS, REBIRTHING TO MANAGE THE BLOCKERS,
STOPPERS AND FLAT-LINERS

1. How did you gain insight into bridging the negative with the positive?
2. How are you feeling about the bridging of these memory?
3. What coping skill were installed?
4. What was your “Aha” rebirthing moment?
5. Do you feel you have bridged your passions with your mishaps to receive your innate gifts?

RESPONSE TO ABOVE 5 QUESTIONS:

1. _____

2. _____

3. _____

4. _____

5. _____

SENSITIZATION PROCESS

BODY SENSATION BAROMETER

BODY SCAN AND LOCATION OF SENSATION:

INTENSITY OF SENSATION: 0 to 10 _____
(0 no Impact 10 severe Impact)

IMPACTED FEELINGS: _____
(sad, mad, scared, happy, etc.)

INTERNAL BALANCE ROUTINE FOR TODAY: _____
(Yoga, Walk, Meditation, etc.)

SELF-EVALUATION

CONGRATULATIONS! You have toiled through very complex material, and you have succeeded. Now it is time to explore your success, accomplishments and re-evaluate your need for more support in eliminating the emotional toxins. In the Pre-Journal Workbook activities, you created your toxic cubicles, return to that exercise and list the memories that were successfully evacuated below and assess (“0” is no bother 10 severe bother; chose level 0,1,2,3,4,5,6,7,8,9,10):

Toxic Cubical Memory Addressed	Initial Level of Severity 0-10	Current Level of Severity 0-10	Internal Sensation (list feeling/body area)
1.			
2.			
3.			
4.			
5.			

If you have not achieved an emotional scale under three (3), perhaps the memory is still in need of some processing unless you are feeling comfortable. If you have taken it as far as you can, do a body scan to reassess the magnitude of your bodily sensations. If you continue to feel discomfort, then seek supports that can help you access the remaining toxicity that is stuck or hidden. Continue to be aware of your body sensations to determine the magnitude of the remaining memory.

NOTES: FOR REJUVENATION

(BRIDGING PASSIONS WITH MISHAPS)
