

OH, MY WORD JOURNAL

What if a journaling method could change your life?

What if ONE WORD could change your life?

Imagine being free from the stranglehold of anxiety and experiencing more joy in your life.

Imagine choosing the thoughts you want to think.

You replace negative thoughts with positives ones that reflect who you want to be, how you want to express yourself and how you want to live.

Those thoughts then became your reality.

It's possible. It can work for you.

Welcome to the OH, MY WORD journaling method.



THE JOY BUSTER

If you've ever suffered from anxiety or the incessant chattering of the monkey mind you know how totally disabling it can be. It grabs you in its thorny clutches and holds you hostage. The same negative thoughts swirl around and around. You desperately want to escape. You're a tightly wound version of yourself. Not who you want to be. You want peace. You crave joy.



THE GOOD NEWS

You *can* have it and its easier than you think. In fact, all it takes is 5 minutes every morning. You have the freedom and the power to become the person you want to be living the life you love.



THOUGHT CREATES OUR REALITY

Never underestimate the power of your thoughts, they create your reality. In fact, with each of the 60,000 to 70,000 thoughts you think every day, you are actively creating your future. The problem is the majority of these daily thoughts are the voices of fear, doubt, worry and anxiety and are recycled from the day before and the day before that and the day before that. They become infused with an enormous amount of emotional energy, and as a result they become the biggest, loudest and most powerful thoughts in your head.

It's not that you don't have positive thoughts-you do. It's just that they're busy navigating the 1,000 lane thought expressway, battling thousands of blaring thought streams while attempting to generate energy and gain momentum.

YOU can crank up the positive volume by becoming clear on what you want, choosing an intention and moving it from thought to action every morning. When you do this, you are creating new neural pathways for **NEW** thought. Scientists call this a 'thought interruption' - new positive thought interrupts negative, disempowering thought. Without attention the negative thought is disabled. You are rewiring Your brain.



CHANGING A THOUGHT IS EASIER THAN YOU THINK

It all starts with **INTENTION**.

Life gets a lot simpler when you clear the thoughts that make it complicated and replace them with intentions that reflect your highest ideals and who you want to be.

Living with intention is like using maps to chart your course instead of allowing the winds of chance to haphazardly blow you from place to place. You choose the route and all the stops you will make along the way. You are in the driver's seat with your hands on the wheel.

Living with intention will change your daily life. It's subtle at first: a sense of feeling good and looking forward to the day. Then you notice a definite shift as positive thoughts fill your mind and you notice you're expressing yourself differently. It's happening ... You are becoming the person you want to be living the life you love.

It's happening... You are becoming the person you want to be living the life you love!

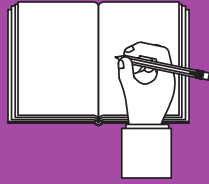
THE BEST PLACE TO BEGIN IS... TODAY!

BEGIN your day by asking yourself one of the following questions - Who do I want to be? How do I want to express myself? What do I need today?

Choose an intention that supports your response, complete the sentence below and follow the 5-minute OH, MY WORD Daily Ritual.

Today I choose to.....





THE OH, MY WORD DAILY JOURNAL

Want more joy, freedom, love, bliss, creativity in your life? The OH, MY WORD daily journal can transform your life in 5 minutes a day. The unique journaling method supercharges your intention keeping it top of mind throughout the day allowing you to feel it and live it. It offers 130 possible intentions in 6 important categories life: balance, personal growth, emotional fulfillment, spiritual growth creative expression, success and achievement. As well there is daily inspiration and an evening reflection question to gently release the day and prepare for sleep.

You are actively creating who you want to be by using a single word.

Start your OH, MY WORD daily journal today:

www.ohmywordjournal.com Questions? Email me:

cheryl@ohmywordjournal.com

"You will never change your life until you change something you do daily. The secret of success is found in your daily routine."

~ John C. Maxwell

