

PEACEFUL LIVING

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CONNECT WITH YOUR EMOTIONS

What am I feeling right now? Examples: Frustration, sadness, loneliness, betrayal, anger, confusion, overwhelm, pressure
VALIDATING VOLD EMOTIONS
VALIDATING YOUR EMOTIONS
It makes sense I am feeling
This situation/decision is
Feeling this way can be true at the same time as wanting/needing/understanding

VALIDATE YOUR EMOTIONS

My higher self knows that
and at the same time it makes me feel
and it may be because it reminds me of
The story I'm telling myself about this situation is

VALIDATE YOUR EMOTIONS

And that causes me to feel
because when I imagine it I think
But I also know that parts of that story are fear based and my imaginings based on that fear.
What I know to be true about myself and my strengths is
and because of that I believe I can

IDENTIFY YOUR AUTHENTIC NEEDS & DESIRES

In a perfect and easy world, I'd like to communicate
to
When I do, I think it would make me feel
In an ideal situation, I'd like to do/be/create
That may be possible if I explore my options/resources of
or if I engage with
for support/assistance/leverage.

IDENTIFY YOUR AUTHENTIC NEEDS & DESIRES

Allow yourself to answer the following question without overthinking. Just write what comes to mind first, without judgement, to allow the deeper desires to come to the surface. This is your safe space, without giving consideration to others' expectations or opinions.

What I really desire as an outcome for this is:	
Right now what I need is	
	and that's okay.

AN ALIGNED STRATEGY

Make notes of boundaries that need to be established or met. What things are required in order for this to be a successful and sustainable strategy? What questions need answered? Jot down any thoughts that come to mind. List any tasks that need to be completed.

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AN ALIGNED STRATEGY
Decision that need to be made:
by when:
Resources (people or sites) I can use to assist:
The first action item I will take to move me one step forward is:
When I do that I imagine I will feel