



— PEACEFUL LIVING —

JOURNAL

www. *Jamie Milam* .com

# Process to Peace

## CONNECT WITH YOUR EMOTIONS

What am I feeling right now?

Examples: Frustration, sadness, loneliness, betrayal, anger, confusion, overwhelm, pressure

---

---

---

---

## 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 \_\_\_\_\_

---

---

# Process to Peace

## 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 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Process to Peace

## 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 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Process to Peace

## 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.









# Process to Peace

## 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 \_\_\_\_\_

---

---

---