

Leo's 5-Step Discovery Process

Often there is a major concern or stress that can dominate our thoughts and feelings, diminishing our ability to fully focus and enjoy the journey. Basic Feelings Journaling will help you identify this concern, but you will need more to resolve it. The following 5-Step Discovery Process is a powerful advanced application of Feelings Journaling that will provide you with the mental clarity to either eliminate the concern, or formulate a specific plan to deal with it positively and effectively. Use each of these steps as a starting-point for your Feelings Journaling. To gain the full benefit of this process, take the time to address each step completely in your journaling.

Specific Application

Scenario: Choose one situation, problem, challenge in your life, or goal you would like to accomplish that is causing you great frustration. Take 10 minutes and use the 5-Step Discovery Process:

Step #1

What is your frustration, or ~~your~~ goal?

Step #2

Why is this so frustrating for you, or why would you want to achieve this goal?

Step #3

How can you best resolve this situation, or what is your plan to accomplish this goal?

Step #4

What are the obstacles standing in your way?

Step #5

Imagine the situation has been completely resolved or accomplished. How are things better and how do you feel?