

Keeping a Debriefing Journal

What is "debriefing"? More importantly, why should you do it? What is the value of debriefing?

In the context of Breathe 123™, debriefing means self-observation and then charting that observation, recording your vital signs if you like: Your mental, emotional, cognitive/thinking, spiritual vitals.

The purpose is:

- To create conscious awareness and recognition of how quickly, how easily you can relax and shift your moods.
- To create a realization of how much power is at your *immediate* disposal.
- To create a knowledge within you that, with practice and new habituated "pathways," you can shift your mood on demand.

Old pathways are like huge Interstate highways; new habituated pathways need to be constructed in your mind.

Otherwise, you will continue to revert to old patterns of response, taking the same old routes and courses of action.

Initially, creating new pathways can feel like you are taking a machete through a dense tropical forest, trying to carve out a new way of being and responding to the world. And every time you carve out this new pathway it gets easier and easier.

Every Breathe 123™, every hour, is carving out a new pathway.

When you observe and reflect upon your experience you are educating yourself to the value of the Breathe 123™ process.

You note your experience and in noting it you help to *anchor it*.

Many years ago, I was a production planner for a manufacturing plant where each machine had daily production performance records. Everyone paid attention to these reports.

The plant manager said: "What gets counted (or charted) gets done and done well. Problems are noted and corrections are made immediately."

I had a marketing instructor who encouraged us to keep a daily checklist of various marketing activities we had committed to completing, with a self-scoring process.

She said the same thing: "What gets reviewed, gets done."

What are you willing to do for pure health, pure energy, pure life? Just how important is it to you?

This is so easy and so simple. What could possibly keep you from doing this? Are you willing to do this? If your answer is "Yes," read on.

Experiencing and noticing the physiological, emotional, mental changes and then anchoring your awareness through documenting it is a powerful way to educate yourself as to the value of this process.

Focus on what you want to expand, and give no attention to anything else.

I have included a sample Debrief Journal Form at the end of this section. You can also download them online at Breathe123.com .

In this process, you mentally review your physical, mental and emotional states and your spiritual awareness, scoring them on a scale from 1 to 10, in which:

- Low = most negative, constricted, least desirable state.
- High = most positive, open, flowing, most desirable state.

Here are the areas to review:

Body Awareness

(Physical tightness to physically relaxed)

- Feet/Calves
- Thighs
- Pelvis
- Abdomen
- Chest
- Shoulders
- Neck
- Head

I noticed a difference today. (Yes or No = ✓ or —)

Thinking Awareness

- Restricting thinking to expansive thinking
- Fear/worry-based thinking to happy/ joy-based thinking
- Angry/sad to calm/upbeat
- Pessimistic to optimistic

I noticed a difference today. (Yes or No = ✓ or —)

Emotional Awareness

- Emotional heaviness to emotional lightness
- Heart level: Cool and closed to warm and open

I noticed a difference today. (Yes or No = ✓ or —)

Spiritual/Energetic Awareness

- Shame/fear level to enlightenment/peace level
- Separate to energetic connection to your life-force
- Closed to wide open, no resistance, complete alignment with life-force

I noticed a difference today. (Yes or No = ✓ or —)

Include an **Additional Comments Page** where you can note both subjective feelings and future intentions.

For example:

6-21-20__

Every day this gets easier and easier.

I'm going to immerse myself.

I'm beginning to feel excited about what I can do with this.

6-20-20__

I really like how this feels.

I've really noticed a difference.

I'm going to commit to a 12 month Breathe 123™ challenge.

6-19-20__

My intestinal tract feels bunched up. I had no idea I was doing this, yet I have been experiencing some irritable bowel symptoms.

6-18-20__

I noticed how quick I can relax on demand.

I can see the possibilities for me.

I'm going to consider committing to a 12 month Breathe 123™ challenge.

6-17-20__

My shoulders were the first to immediately drop.

I'm going to experiment with this a little.

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