

Inner Journal

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The Inner Journal is a space, physical and/or virtual, designed for readers who wish to record their emotions, moods, reflections, observations, or personal sensations. You may complete it, in whole or in part, according to your own preferences.

The Inner Journal is paired with and complements the Inner Map; both are available for free download from their respective pages on this website.

The Journal contains prompts for reflection and practical exercises to help you manage the legacies of the past, the inconsistencies of the present, and the direction of your future. It works in perfect synergy with the Inner Map, transforming the reading experience into a tool for personal evolution over time.

The exercises provided are intended to help you keep a record of events in your life, whether on a daily or periodic basis. Each exercise includes a practical example, a helpful tip to guide you in completing that section of the Journal.

You may fill out the Journal according to your own preferences, inclinations, and needs. You are also welcome to add further content, which you may, if you wish, share with other readers via the author's social media pages.

Practical exercises

First part

1. The roots of the past: *The inventory of ballasts*

Target: to identify an automatism, habits, or burdens that slow down the present path.

The repetitive script

Identify an automatic reaction you had today, for example, snapping at criticism, closing yourself in silence, or the need to please others.

Ask yourself:

- *"Does this reaction belong to who I am today, or is it the echo of an old defense from the past?"*
- *"Which of these old automatic replies keeps me from hearing my echo today?".*

The word ballast

Choose a word or phrase you repeat often that limits you, for example, "*I'm not up to it*," "*Sorry, but...*", "*It's always up to me*", "*It's too late*", "*I'll never make it*".

Mark it on the Inner Map as a "weight" to remove from your vocabulary and observe with detachment before asking your questions to the book.

2. The center of gravity of the present: *The scale of coherence*

Target: misurare il livello di coerenza tra i propri valori e le azioni quotidiane.

The context test

Observe your current context (work stress, crisis, illness, vacation, etc.). Then, choose one of your most important values (for example, honesty, sincerity, loyalty, solidarity, firmness, freedom, care, etc.).

Ask yourself:

- *"In this specific context, how faithful have I been to this value of mine from 1 to 10?"*
- *"If your actions today were a sound, would they be in harmony or distorted with your values?"*

The space of silence

Observe how much time you have devoted to reflection before examining the book.

Ask yourself:

- *"Did I interrogate the book after an adequate period of inner silence or did I do it hastily?"*
- *"Am I really listening to myself or just superficially?"*
- *"Is the time I dedicate to my inner listening consistent with the importance I declare to give to my personal growth?"*

3. The direction of the future: *The seed of tomorrow*

Target: the future is not prediction, but the direction one chooses to nurture today for one's own tomorrow.

Quality to nurture

You build your future today. After receiving the answer from the book, don't ask yourself "*What will happen to me?*", but focus on the part of yourself that you need to care for and grow to feel good tomorrow.

Ask yourself:

- "*To make this answer come true tomorrow, what value must I cultivate today?" (patience, listening, firmness, love, gratitude, courage, kindness, respect, humility, generosity, solidarity, sociability, etc.).*
- *"What seed of awareness do I want to plant tonight to see it bloom tomorrow?"*

The first sprout

Inside the Inner Map, observe the space dedicated to a concrete action to be taken in the next 24 hours.

- If you have decided to gather courage, your concrete action could be to make that phone call you have been postponing for a long time.
- If you have chosen to show respect, your concrete action could be to give up your seat (on the tram or in line at the ticket office or at a public counter) to an elderly or disabled person.
- If you have chosen to nurture firmness, your concrete action might be not to give in to yet another whim of your child.

Practical exercises

Second part

1. The roots of the past: *The inventory of ballasts*

These exercises aim to transform the weight of the past into awareness.

The echo of "I can't"

Target: identify inherited self-imposed limits.

Practice: think of something you would like to do, but immediately discard by saying, "I can't because...".

Ask yourself: *"Is this voice mine or is it an echo of someone telling me this in the past?"*. Write the full sentence and try to contradict it with a real fact from the present.

Example: when you went to school, the math teacher kept telling you it wasn't a subject for you and that you would never get good grades. Instead, you started a business that you manage very prudently, showing you know how to do your math well.

The Lesson Museum

Target: turn a past failure into a current asset.

Practice: instead of seeing a mistake as a burden, choose an unpleasant past event and then

Ask yourself: *"What skill or strength did I have to develop to get through that moment?"*. Write the answer as a "ballast transformed into an anchor of stability."

Example: some time ago you confided an intimate problem to a colleague, thinking they were someone you could trust completely. Instead, after a few days, you discovered that the whole office had found out, putting you in an unpleasant and embarrassing situation. From that experience, you learned to be more cautious when talking about personal topics and more selective with friends.

2. The center of gravity of the present: *The scales of coherence*

These exercises help the reader connect with their current state through the body and environment.

The echo in the body

Target: perceive where emotions physically resonate.

Practice: while filling out your "*State of Mind*" on the Inner Map, close your eyes and identify a point on your body where you feel tension or lightness.

Ask yourself: *"What is my body whispering through this sensation?"*

Example: you recently had a heated argument with a loved one, which left you with an unpleasant feeling. Your stomach closed and a slight burning sensation began. Your body is telling you that the

argument hit your "target" organ, that is, the one where you vent your tension. So, stop and listen to the message they're sending you, and if it gives you relief, place a hand on the sore spot, paying attention to the sensation you get from it.

The mirror of encounters

Target: understand how external relationships reflect our inner echo.

Practice: analyze today's most significant interaction.

Ask yourself: *"Was the other's reaction an echo of my internal tension or my serenity?"*. This helps to calibrate one's own Scale of coherence.

Example: during a work meeting, you politely and discreetly reported to a colleague that she had a grease stain on her blouse. Your colleague thanked you and asked if you had a spray stain remover. Probably, if you had told her less politely and privately, she would have reacted annoyedly.

3. The direction of the future: *The seed of tomorrow*

These exercises aim to guide the reader toward a future actively built.

The synchronicity signal

Target: develop attention to "coincidences" as confirmations of the chosen direction.

Practice: in the 24 hours following the question posed to the book, note a small "random" event that seems to resonate with the **Answer** received: a video on a social network, a meeting, a song, a traffic sign, a writing on a wall, a phrase on the radio, a particular smell or smell, an object, a sound or noise, a strange dream, a shop window, etc.

Ask yourself: *"Is it just a coincidence or a sign that I'm on the right track?"*

L'intenzione gesto-simbolo

Target: strengthen the *First Shoot* with a symbolic action.

Practice: in addition to the practical action shown in the Inner Map, choose a small object that represents your intention (a stone, a seed, a note, a pendant, a keychain, a piece of fabric) and keep it on your desk or in your pocket all day long. Every time you touch it, remember the quality you chose to nurture.

Exercises on the wave metaphor

1. The roots of the past: *The inventory of ballasts*

The Undertow of Secrets

Target: identify burdens from the past that we hold back in the silence of our secrecy, but that act as a force holding us back.

Practice: think of a "secret" or a past event you never shared out of shame or fear of others' judgment. Don't write it explicitly if you feel it violates your need for privacy, but watch how it moves inside you: is it a wave pushing you forward or a "surf" pulling you back?

Guiding question: *"Which part of my past am I protecting in silence and how much is this silence a precious safeguard or ballast that prevents me from flowing?"*

2. The center of gravity of the present: *The scales of coherence*

The hollow of the wave

Target: finding your own point of balance and silence amid daily "noise" (the socio-environmental context).

Practice: visualize your day as a high wave about to break. The wave hollow is that protected air tunnel where silence reigns even though everything around is running. This is your backup space.

Guiding Question: *"Today, amid the chaos of my context, was I able to retreat for a moment into my private hollow to listen to my echo without external interference?"*

3. The direction of the future: *The seed of tomorrow*

The Silent Tide

Target: understand that change and direction of the future often happen in utmost secrecy, just like the tide that changes the landscape quietly.

Practice: choose the **Quality to nurture** that you identified after the book's response. Instead of announcing or sharing it, decide to keep it secret in your journal for the next three days. Let it grow "underwater," protected by secrecy.

Guiding Question: *"What seed of awareness can I plant today in the secret of my inner garden, so that tomorrow's fruits are authentic and not influenced by others' expectations?"*