

Just A Thought About That™ (JATAT) Workbook



The JATAT Workbook is offered as an accompaniment to the free *Just A Thought About That*™ (JATAT) Guidebook. Both can be requested at www.ChangeYourMynd.com

You may also enjoy my other books including *InJoy! The Decision Is Yours* and *Your Awareness Research & Development - A Simple Guide to Increasing Your Awareness*. Visit www.ChangeYourMynd.com for more information.

In-Joy! Shelia

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"This is the way of meditation: encountering the present in all its tremendous beauty, just being in the present. Inside, the mind stops. Outside, the world changes totally. It is no more the ordinary world you have known before. In fact, you have not known it at all. Your mind was distorting everything, your mind was creating fantasies. Your eyes were full of fantasies and you were looking through those fantasies. They never allowed you to see that which is. If the mind is gone, even for a moment, suddenly the whole existence explodes upon you." Osho

"Enlightenment means rising above thought, not falling back to a level below thought, the level of an animal or a plant. In the enlightened state, you still use your thinking mind when needed, but in a much more focused and effective way than before." ...

"So the single most vital step on your journey toward enlightenment is this: learn to disidentify from your mind. Every time you create a gap in the stream of mind, the light of your consciousness grows stronger. One day you may catch yourself smiling at the voice in your head, as you would smile at the antics of a child. This means that you no longer take the content of your mind all that seriously, as your sense of self does not depend on it." ...

"Identification with your mind creates an opaque screen of concepts, labels, images, words, judgments, and definitions that blocks all true relationship." Eckhart Tolle

Introduction

Decide what you want. **This is THE most important thing you can do to create the life you want.** Without first getting clear about what you want, your creative energies are scattered and unfocused.

Your attention is your creative energy. What you put your attention on becomes more real, more prominent in your life. This is true of what you give your attention to in general, but also more specifically in every moment.

We give our attention to the thoughts we think all day long. We empower them with our creative energy. Are the thoughts you're empowering thoughts of what you want or what you don't want? Are you empowering something you resist or fear?

As you empower a thought with your attention, you experience the thought in your body.

You experience an adrenaline rush and sweaty palms from watching a movie where the characters are being chased by bad guys because your thoughts about what you see on the screen are translated into your physical experience.

The same is true of the thoughts you have as you go through your day. Become aware of your thoughts as they're translated into sensations...you'll be amazed how much of what you feel is in your direct control once you become aware of it.

Stress in the body, and all the detrimental effects of stress, is the translation of stressful thoughts into the experience we recognize as the physical symptoms of stress (i.e. tension, exhaustion, disease, aging, headaches, etc.). Recognizing that the stressful thought and the object of that thought are not the same thing, disengages the stressful thought and eliminates the effects in the body that the thought was producing.

JATAT is a simple process that puts you back in control of your creative energy - your attention. Through the awareness that you're experiencing a thought in your own mind, you disempower the thought. You're literally pulling the plug to end the power supply that sustains that thought; power that you could be using to create what you want instead. Awareness recovers spent attention.

Nothing more is needed beyond becoming aware that the thought and the object of the thought (what it's about) are not the same thing. The mind may want (or feel the need) to do more, but nothing more is necessary.

"You know you can have, do or be anything you want through the power of thought." **Joe Vitale**

Let a person radically alter his thoughts, and he will be astonished at the rapid transformation it will effect in the material conditions of his life." **James Allen**

"All that we are is the result of what we have thought." **Buddha**

"It is done unto you as you believe..." **Jesus**

"You become what you think about." **Earl Nightingale**

"Man is the product of his thoughts. What he thinks, he becomes." **Mahatma Gandhi**

"The mind is everything. What you think you become." **Buddha Gotama**

"All power is from within and is therefore under our control." **Robert Collier**

"You are a creator; you create with your every thought. You often create by default, for you are getting what you are giving your attention to wanted or unwanted but you know by how it feels if what you are getting (creating) is what you are wanting or if it is not what you are wanting. (Where is your attention focused?)" **Abraham Hicks**

*"Thoughts are held in mind by attention (i.e. to entertain a thought, replay a worry, obsess about a fear)." **Shelia Norling***

"We possess within us a force of incalculable power, which, if ...we direct it in a conscious and wise manner, gives us the mastery of ourselves and allows us not only to escape... from physical and mental ills, but also to live in relative happiness." **Emile Coue**

This workbook offers a starting place for your exploration and excavation of less than empowering thoughts. As you practice JATAT (Just A Thought About That™), you will notice the ease and joy increasing in your life. With less struggle and more focus, you can more easily create a life you love. Use the *Just A Thought About That™* (JATAT) Guidebook to gain a clear understanding of the JATAT process then use this workbook to gain insight into the many uses for the JATAT process.

I recommend printing this workbook and putting it in a three-ring binder with notebook paper to use for the exercises suggested. Although it's not necessary to write out the JATAT statement each time, it can be very helpful in many cases to write out what you want and all that you think is preventing you from having it.

I encourage you to share JATAT with people you know and form a group of supportive people in your life who also recognize and take ownership of their own lives. We can assist each other to expedite the process as we can more easily recognize other people's thoughts and stories since we have less emotional investment. Visit www.ChangeYourMynd.com to learn more about the power of evolutionary conversations and how to have more of them in your life.

What Do I Really Want?

Make a list of what you want to be, do and have. I've included a questionnaire at the end of this workbook to help you clearly define what you want to experience. You may also enjoy my free report entitled *You Can Create the Life You Want*. It's a free download at www.ChangeYourMynd.com

Take each item on your list and write a statement about NOT being, doing or having that.

For example: if you have "I want to be successful." on your list, write "It's not okay to be unsuccessful" or however you would normally think about it (i.e. I wouldn't want to be unsuccessful).

Now, use JATAT on each "NOT" statement. For example, "It's not okay to be unsuccessful" is just a thought about being unsuccessful but it's not the same thing as being unsuccessful. "I wouldn't want to be unsuccessful" is just a thought about being unsuccessful but it's not the same thing as being unsuccessful.

"You want to become aware of your thoughts, you want to choose your thoughts carefully and you want to have fun with this, because you are the masterpiece of your own life. You are the Michaelangelo of your own life. The David that you are sculpting is you. And you do it with your thoughts." **Joe Vitale**

"Happiness is not a possession to be prized. It is a quality of thought, a state of mind."
Daphne du Maurier

"It is not the things we don't know that hurt us - it is the things we THINK we know that just ain't so." **Mark Twain**

"If you invite me to an anti-war rally I will say no but if you invite me to a peace rally I will come."
Mother Theresa

"The mind's job is to validate what it thinks."
Byron Katie

"Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind." **Dr. Seuss**

"I am no longer cursed by poverty because I took possession of my own mind, and that mind has yielded me every material thing I want, and much more than I need. But this power of mind is a universal one, available to the humblest person as it is to the greatest."
Andrew Carnegie

"Success is a state of mind. If you want success, start thinking of yourself as a success." **Joyce Brothers**

"Your mind is a powerful magnet that will attract to you the things you identify yourself with. If you have sad thoughts, you will attract tragedies. If you are a good man, you will attract the company of good people." **Alfredo Karras**

Using the same list of what you want to experience, answer the three questions outlined on page 12 of the JATAT Guidebook. You've already answered the first question. For each item on your list, answer the second and third questions and use JATAT to neutralize the answers.

For example,

1) I want to be successful.

2) I'm experiencing only minimal success.

"I'm experiencing only minimal success." is just a thought about experiencing minimal success but is not the same thing as experiencing minimal success.

3) I wouldn't want to be a failure.

"I wouldn't want to be a failure" is just a thought about being a failure but is not the same thing as being a failure.

3) At least I'm not homeless.

"I wouldn't want to be homeless" is just a thought about being homeless but is not the same thing as being homeless.

3) At least I'm not unemployed.

"I wouldn't want to be unemployed" is just a thought about being unemployed but is not the same thing as being unemployed.

Daily Practice: As you go through your day, focus on what you want to experience. Stay alert and notice when your attention becomes distracted by something you don't want. Use JATAT to disengage the thoughts that take your attention away from your desired focus and deliberately place your attention back on what you want again. As you repeat this process, your mind will quiet down and fewer agitating thoughts will arise.

"You mean I'll be able to dodge bullets?" **Neo**

"When you're ready, you won't have to." **Morpheus**

Design Your Perfect Life

Take the time to design your perfect life. This is similar to your "want list" but now focus on your day-to-day life. Notice your thoughts about what's not perfect yet.

"Each of us literally chooses, by his way of attending to things, what sort of universe he shall appear to himself to inhabit."

William James

For example: if you want to be in great physical condition and you think...

"I'm still a little overweight." Notice: that's just a thought about my body but is not the same thing as my body.

"I don't have the stamina I want." Notice: that's just a thought about my stamina but is not the same thing as my stamina.

"I can't run as long or as far as I'd like." Notice: that's just a thought about how long or far I can run but is not the same thing as how far I can run.

Examples of Common Thoughts

This list is provided as examples of common thoughts that may **not** be assisting in the creation of what you prefer. If you recognize one/some that you think sometimes, be sure to JATAT that!

- I can never find a parking spot.
- People are always rude to me.
- I'm usually late.
- I'm usually not happy.
- I'm usually _____.
- I'm a slow reader.
- It takes me a while to understand things.
- I transpose numbers.
- I can't do math.
- I can't make it on my own.
- I never have enough money.
- I never have enough time.
- I can't seem to meet anyone I like.
- I can't get myself organized.
- Nobody listens to me.
- If it weren't for bad luck, I'd have no luck at all.
- I can't trust anyone.
- Nothing I do is ever right.
- It's better than being alone.
- It's better than being homeless.
- If I want it done right, I have to do it myself.
- People take advantage of me.
- I'll never change.

"Thoughts are like art forms...you decide what to hang on the walls of your mind."

Shelia Norling

"Whether you think you can or can't either way you are right." **Henry Ford**

"You create your own universe as you go along." **Winston Churchill**

"Man must cease attributing his problems to his environment, and learn again to exercise his will - his personal responsibility."

Albert Schweitzer

"The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind."

William James

"Your circumstances may be uncongenial, but they shall not remain so if you only perceive an ideal and strive to reach it. You cannot travel within and stand still without."

James Allen

"Whatever your mind can conceive and can believe, it can achieve." **Napoleon Hill**

"I will see it when I believe it." **Wayne Dyer**

"Whatever we think about and thank about we bring about." **John Demartini**

- I never get what I want.
- No one believes I can do it.
- My ideas don't work.
- I get blamed for everything.
- I am always struggling.
- I have to work hard to make money.
- Money just slips through my fingers.
- Women always reject me.
- Men always reject me.
- I have to struggle to succeed.
- Life must have burdens.
- I talk too much.
- No one wants to hear what I have to say.
- Life never goes the way I want.
- No one value's my opinion.
- Sex is not satisfying.
- Men always just get theirs and then go to sleep.
- Women are so selfish in bed.
- People always expect too much from me.
- I have trouble receiving.
- I have trouble giving.
- I'm afraid of the future.
- I'm afraid of heights.
- I'm afraid of making mistakes.
- I'm afraid of _____.
- I want to speak up, but can't.

- I don't enjoy change.
- Change scares me.
- If I don't do it, it won't get done.
- I am sick and tired of being sick and tired.
- I have to be on guard.
- I can't remember.
- I get bored easily.
- I feel helpless.
- I feel all alone.
- I feel overworked and underpaid.
- I'm too tired to exercise.
- I can't find a job.
- I will never find a job that suits me.
- My "significant other" is always nagging me.
- My "significant other" forgets to tell me things.
- My "significant other" doesn't do his/her share.
- It's so annoying when someone _____.
- I can't help it.
- It makes me angry when someone _____.
- My boss doesn't respect me.
- My boss doesn't appreciate me.
- People always cut in front of me.
- I'm never the first in line.
- Nobody notices me.
- I feel invisible.
- I run out of money before I run out of month.

- I have a lot of bad hair days.
- If something can go wrong, it usually does.
- I never win anything.
- I hate waiting.
- I always have to wait.
- I get phone calls at the worst times.
- I'm very clumsy.
- I didn't get everything done, so I have to work this weekend.
- I forget to fill up my gas tank.
- I often spill something on my clothes when I eat.
- It's too late.
- It's too dangerous.
- This is too complicated.
- People often forget my name.
- I always catch whatever is going around.
- I have trouble making decisions.
- I never get what I order at restaurants.
- I'm not good at sports.
- I can never find clothes that fit.
- Loud music annoys me.
- Rap music annoys me.
- Country music annoys me.
- _____ annoys me.
- My food always needs more salt.
- I can't stop eating sweets.
- I get sleepy in the afternoons.

- I can't function without my coffee in the morning.
- I need eight hours sleep or I'm cranky.
- I never have a moment's peace.
- I'm allergic to _____.
- Relationships are hard.
- Something always gets messed up when I travel.
- If I don't do it right away, I'll forget.
- I remember faces, but I'm not good with names.
- If I'm not careful I _____.
- People walk all over me.
- I often misplace my keys.
- I'm not creative.
- Everything I touch falls apart.
- People are always watching me.
- I can never find what I download on my computer.
- I get distracted easily.
- I always need something to distract me.
- I hurt all the time.
- I worry about everything.
- Everything I eat goes straight to my hips.
- I can't walk and chew gum at the same time.
- I can't focus on more than one thing at a time.
- My children never mind.
- My parents never listen.
- I'm uncomfortable making small talk.
- I have trouble using new technology.

- I can't draw.
- My family doesn't respect me.
- I never have time to _____ after work.
- I have trouble balancing work and home.
- I have trouble finding time for myself.
- I have to rest up from vacation.
- The airline always loses my luggage.
- The printer is always out of paper.
- I have to work hard to get what I want.
- The weather doesn't cooperate when I plan to be outside.
- I'm always stuck in traffic.
- Everywhere I go they're out of what I want.
- I never have room in the garage for my car.
- If I wake up in the night, I can't get back to sleep.

*"The thing is, we have to let go of all blame, all attacking, all judging, to free our inner selves to attract what we say we want. Until we do, we are hamsters in a cage chasing our own tails and wondering why we aren't getting the results we seek." **Joe Vitale***

*"In the hidden order of reality, there is no distinction between mind and matter. The split between inner and outer - subjective and objective - that we experience in ordinary life is unknown in the deeper reality." **Robert Moss***

*"It's been very well demonstrated that our belief system effects how we behave and how we perform. . . It also effects our lifestyle, so that if we don't believe that we can help ourselves, we probably cannot. If we don't believe that positive information is useful to our health and well being, it probably won't be." **Edgar Mitchell, PhD***

Cut Out Form

Print this page and cut out the inside of the box marked with an X (discard the inside portion of the box). Lay this page over the list of thoughts to expose one thought at a time.

Hint: fold the paper at the X in the box and clip the X with scissors to begin the cut.

I recognize that the thought...

X (discard this piece of cut out paper)
--

is a thought ABOUT _____ and is not the same thing as _____.

For example,

I recognize that the thought...

I can never find a parking spot.

is a thought ABOUT your ability to find a parking spot and is not the same thing as your ability to find a parking spot.

I recognize that the thought...

I hurt all the time.

is a thought ABOUT sensations in my body and is not the same thing as the sensations in my body.

No matter how accurate the thought is, the thought and the object of the thought (i.e. parking or hurting) are not the same thing. One is a thought and other is the object of that thought. Even if the thought is about another thought (i.e. the future) they are two different thoughts.

You don't need to do anything more than recognize that the thought and the object of the thought are not the same thing.

You don't need to stop believing it.

You don't need to try to change it.

You don't need to talk yourself out of it.

You don't need to justify it with a story.

Just notice that one is a thought and the other is not that thought.

"Take the first step in faith you don't have to see the whole staircase just take the first step." Martin Luther King Jr

Questions Lead to Clarity and More

Use these questions to get you started, then keep asking more questions. Notice the subtle and obvious resistances that become apparent when you ask these and other questions.

What do I really want?

What will having that give me?

What will having that give others?

How will I know when I have it?

What do I believe it will take to have what I want?

What am I willing to do to have what I want?

What am I not willing to do to have what I want?

What might be possible?

What's not possible?

What would I not want to happen?

When I look back ten years from now, what will I be glad I did? Or didn't do?

Is my current action moving me toward something I want? Is it a productive activity or a time waster?

What action, no matter how small, can I take today to move me toward something I want?

What would I do if I were ten times bolder?

What would I do if I knew I couldn't fail?

"If you would be a real seeker after truth, it is necessary that at least once in your life you doubt, as far as possible, ALL things."

Rene Descartes

One of my favorite questions:

"You think that's air you're breathing?"

Morpheus

At least I'm not...

Many statements can be used to uncover unconscious or transparent resistances. For example:

At least I'm not _____.

It could be worse...I could _____.

I wouldn't want to _____.

"What you resist persists." **Carl Jung**

Resistance is Mucking Up Your Yellow!

Refer back to page 12 of the JATAT Guidebook. You are creating what you want (i.e. yellow) but you are also creating what you resist (i.e. red) and the blending of the two is showing up as your current experience (i.e orange).

Use this list to identify things you resist that are preventing you from the full experience of what you prefer. Some words on this list will illicit more of a response than others but use JATAT even on those that seem to only have a little resistance...it's helpful to remove even a drop of red in your ocean of yellow to move you closer to what you prefer.

These are in no particular order and intentionally not alphabetized. Unless you have the sense "I wouldn't mind being that...wonder why it's on the list" go ahead and run JATAT on it. It only takes a moment to recognize "I wouldn't want to be embarrassed" is JATAT. Those with more of a "charge," go ahead and write out or say the whole phrase. For example, "I wouldn't want to be attacked" is just a thought about being attacked but is not the same thing as being attacked.

This is, of course, just a partial list. Notice what words/phrases you think of when you read the list; words that are not on the list. Different words trigger different things for different people.

Draw a line through the words you JATAT as an indication that you no longer resist that.

"No one can make you feel inferior without your consent." Eleanor Roosevelt

I wouldn't want to be ...

fat, weak, sore, sick, tired, poor, homeless, old, unattractive, unappealing, ugly, overweight, out of shape, limited, controlled, diseased, embarrassed, embarrassing, denied justice, dominating, submissive, loud, quiet, silenced, mad, angry, sad, sorrowful, dreaded, normal, simple, easy, fast, slow, stupid, retarded, gifted, rich, skinny, boney, tall, short, childish, funny, ridiculed, demeaned, denying, in denial, inactive, unemployed, employed, stuck, lonely, alone, unaffectionate, lethargic, aggressive, assertive, lame, dull, unaware, stressed, fearful, uncaring, selfish, dirty, filthy, bloody, hurt, uncomfortable, dreary, last, first, late, competitive, worried, concerned, destructive, self-conscious, afraid, indecisive, bold, daring, scared, spoiled, undependable, unworthy, undeserving, undisciplined, inefficient, unorganized, messy, cluttered, stifled, lazy, unforgiving, fortunate, unfortunate, unfriendly, mean, critical, sarcastic, hurtful, unfulfilled, unable to receive, ungiving, boring, bored, ungrateful, unhappy, cantankerous, unhealthy, hospitalized, dishonest, untrusting, dependent, liberal, conservative, unloving, murderous, hateful, spiteful, dramatic, insulting, insulted, modest, boastful, untidy, neat, pessimistic, optimistic, closed minded, hindered, anxious, trapped, left behind, abandoned, outspoken, sloppy, unperceptive, detail oriented, big picture oriented, task oriented, result oriented, managed,

unpredictable, predictable, irrational, unreliable, disrespectful, abrasive, irresponsible, unromantic, lost, unsafe, insecure, unsatisfied, longing, yearning, missing, pissed, insensitive, rough, soft, insincere, sober, drunk, drugged, wanted, liable, judged, judgmental, sour, tough, lacking spontaneity, unsuccessful, sweet, young, dead, complicated, misunderstood, maimed, cold, hot, broken, broken hearted, grief struck, morbid, flat, busty, abused, abusive, addicted, addictive, adulterous, unfaithful, bossy, aloof, apathetic, pathetic, empathetic, betrayed, bitter, blunt, arrogant, conceited, brain damaged, careless, complaining, conflicted, coveting, jealous, envious, cruel, depressed, suppressed, distant, domineering, doomed, doubtful, questioning, questioned, annoyed, bothered, pestered, egotistical, excessive, fatigued, forsaken, forgotten, forgetful, cheap, slutty, frustrated, sexy, harsh, greedy, driven, helpless, impatient, impulsive, compulsive, inactive, insane, mental, disturbed, intellectual, intelligent, brave, introverted, extraverted, irritating, irritable, moody, negative, positive, obnoxious, obsessive, opinionated, out of control, over involved, overly tolerant, panicky, promiscuous, permissive, thin, plotted against, raped, assaulted, threatened, irrational, regretful, rejected, resentful, restless, vengeful, scheming, sedated, drugged, sheltered, self-absorbed, self-abused, self-centered, self-destructive, selfish, undesirable, unpleasant, unwanted, unappreciated, overly sensitive, separate, shamed, shameful, crazy, shy, stingy, stubborn, terrorized, abducted, unable to cope, undeserving, unfit, uninvolved, unsuccessful, victimized, violent, mistreated, talked about, lied to, criticized, disappointed, opposed, beaten, tricked, excluded, left out, ganged up on, frisky, fresh, muscle bounded, scrawny, defeated, deflated, unpopular, popular, flabby, droopy, huge, small, freckled, dark, light, my ethnicity, overlooked, held back, uninformed, untrusted, in pain, in danger, in debt, in trouble, horny, kept in the dark, incapacitated, allergic, unnoticed, pressured, watched, the center of attention, misinformed, distressed, dissed, disabled, inferior, superior, prejudice, put down, burned, stabbed, yelled at, chastised, judged by my age/looks/size/ethnicity, in high school, out of reach, out of time, crowded, wet, thirsty, hungry, stalked, bloated, stuffed, cramping, moody, menopausal, the cause of something bad, adopted, uninvited, attacked, attached, found out, discovered in a lie, judged, incomplete, unfinished, cut, in trouble, inauthentic, fake, two faced, uninsured, wrecked, stranded, tempted, stopped, rude, rushed, forced, cornered, coerced, sold to, hassled, nit picked,

nagged, land locked, starving, deprived, without, needy, clingy, showy, gassy, hairy, bald, loosing hair, bisexual, heterosexual, homosexual, asexual, confused, blind, deaf, handicapped, in a wheel chair, on crutches, deformed, touched, poked, prodded, teased, tickled, strained, unkept, kept, dainty, petite, gorgeous, beautiful, famous, in the public eye, invisible, crippled, amputated, scruffy, offensive, missing teeth, punished, dumb, held back, uncertain, wrong, unaccepted, mistaken, shot, overheard, powerless, let down, unexpected, discouraged, grounded, hated...

I wouldn't want to be ...

an alcoholic, a failure, a perfectionist, a subordinate, a manager, an owner, an entrepreneur, a bad kisser, a liberal, a conservative, a leader, a follower, a victim, a loser, a winner, a man, a woman, a martyr, an invalid, a poor listener, a complainer, a whore, a prostitute, a slut, a dirtbag, a sleaze, an overachiever, an underachiever, a liar, a thief, a murderer, a smart ass, a pleaser, a kiss ass, a brown-noser, an insomniac, a sadist, a masochist, a show off, a fool, a moron, a gossip, a big mouth, a tattler, a momma's boy, a girlie girl, a sissy, a bully, a teacher's pet, a pain in the ass, an annoying little brother/sister, a mean big brother/sister, a tease, a class clown, a jerk, a weakling, a baby, a parent, a sister, a brother, a dad, a mom, an aunt, an uncle, a teen, a certain religion, a certain race, an accident, an orphan, an only child, the youngest child, the oldest child, the middle child, the only girl, the only boy, a grandparent, a drama queen, an attention whore, a pervert, a smoker, a drug user, an abuser, an alpha male, a bimbo, a dumb blonde, a newbie, a scandal, a certain profession...

I wouldn't want to be without...

hope, faith, trust, passion, purpose, direction, a good memory, sex, money, time, patience, self-esteem, sleep, shelter, security, love, freedom, excitement, inspiration, guidance, trees, electronics, a planet, privacy, rights, my kids, my significant other, my job, my car...

I wouldn't want to...

wait, lose, stop, go, win the lottery, travel, stay home, dread Mondays, fear heights, fear _____, break a promise, disappoint, reject, deny, abuse, threaten, forget, hit someone,

need help, ask, move back with my parents, smell bad, resist, overeat, eat too much, feel _____,
have to hold it, work hard, work at it, cook, clean, do laundry, garden, contribute, not know,
die, do homework, go to school, go to work...

I wouldn't want to have...

trouble, problems, drama, worries, stress, a disease, car trouble, a mean boss, a nagging wife,
a forgetful spouse, debt, less attention, mood swings, hot flashes, inconsistent weather,
too hot weather, too cold weather, too much rain, not enough rain, bad eyesight, body odor,
wrinkles, stretch marks, warts, scars, acne, conditions, weak ankles, a bad back, headaches,
migraines, sinus problems, allergies, asthma, an STD, babies...

I wouldn't want to not be...

picked, chosen, promoted, educated, married, single, a parent, missed, helped, served,
waited on, informed, trusted, successful, calm, aware, asked, considered, enlightened,
accessible, hired, employed, strong, free, forgiven, appreciated, admired, fulfilled, satisfied,
able to reach...

Tell a Trusted Friend

Here's a great way to discover what you really think. Record a conversation with a trusted friend and listen to it to determine what stories you're running, what you're resisting, what you think is necessary, how you think things are, etc. No one else need ever hear it so there's no need to be self-conscious while recording. Use www.freeconferencecall.com and set up a bridge line for free. Both parties call the bridge line number and you start the recording. When you're done, you simply click a button to download the recording to your computer where you can listen to it. Then you can delete it whenever you're done or keep it for posterity.

"Destiny is not a matter of chance; it is a matter of choice." William Jennings Bryan

Relationships

Most of what we've worked on so far has been thoughts about you and what you want and don't want. This no doubt included thoughts about the people in your life, but this section takes a closer look at your thoughts and stories about everyone in your life.

Make a list of ALL the people in your life. Yes, this could take some time but the payoff is drastically improved relationships with everyone. If you want to be thorough, include the people you see in passing like the cashier where you buy your morning coffee.

For every person on your list, notice what you think about them. You can choose to write this on your notebook paper or simply put your attention on each person individually and notice your thoughts about them. Use JATAT for each thought you become aware of.

For example, if you put your attention on the coffee cashier and you think she is slow and incompetent, notice that "she's slow and incompetent" is just a thought about the cashier but is not the same thing as the actual person/cashier. When you think that the cashier is slow and incompetent, that will be your experience even when she's not and subliminally you can influence her to be that way when serving you if she is not a strong person.

Over time we all develop stories about the people in our lives and we stop experiencing the actual people at all. This can especially cause problems as they grow and change but your story about them doesn't change. This can be seen with children growing up and moving out and with couples who've been together a long time.

Do you have clients or customers who are a royal pain? Notice your thoughts about them and watch what happens.

Do you have in-laws with whom you don't get along? Notice that you're experiencing your thought about them, you're not experiencing them.

Do you have a boss who isn't treating you fairly? This can shift that.

Would you like to be treated wonderfully everywhere you go by cashiers, bank tellers, shop keepers, customer service, home service technicians, etc.? Stop entertaining the thoughts about them that give you a less than optimal experience.

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure."

Marianne Williamson

"The best way to predict the future is to create it." **Peter F. Drucker**

"Watch your thoughts, they become words, your words become actions, your actions become habits, your habits become character and your character becomes destiny." **Frank Outlaw**

"Our life is what our thoughts make it." **Marcus Aurelius**

"Live out of your imagination, not your history" **Stephen Covey**

Conclusion

You are experiencing your own thoughts!! You decide what thoughts you will entertain and what thoughts you will delete.

JATAT puts you in control of what you experience in the moment and in your life.

It's free and it's easy to do anytime, anywhere, for literally anything you can think about.

It just takes a little practice to get in the habit of monitoring and choosing your thoughts deliberately. The pay off is a life you love.

The more people who know about and use JATAT, the more pleasant life will be for all of us. Think about it... If more people took responsibility for their own experience instead of blaming the world "out there," just imagine the possibilities. JATAT is free...please spread the word by referring JATAT to your friends and family. Invite people you know to visit www.ChangeYourMynd.com to request a free copy of the JATAT Guidebook and Workbook.

You may also enjoy my other books including *InJoy! The Decision Is Yours* and *Your Awareness Research & Development - A Simple Guide to Increasing Your Awareness*. Visit www.ChangeYourMynd.com for more information.

Thank you for taking ownership of your life! The work you do to create a better life for yourself benefits everyone!

In-Joy! Shelia

"Let's think the unthinkable, let's do the undoable, let's prepare to grapple with the ineffable itself, and see if we may not eff it after all." **Douglas Adams**

"Follow your bliss and the universe will open doors for you where there were only walls." **Joseph Campbell**

"We must be the change we wish to see."; "Happiness is when what you think, what you say and what you do are in harmony." **Gandhi**

"Nurture your mind with great thoughts for you will never go higher than you think." **Benjamin Disraeli**

"Problems only exist in the human mind." **Anthony De Mello**

"To be identified with your mind is to be trapped in time: the compulsion to live almost exclusively through memory and anticipation." **Eckhart Tolle**

"When you are present, you can allow the mind to be as it is without getting entangled in it. The mind in itself is a wonderful tool. Dysfunction sets in when you seek your self in it and mistake it for who you are." **Eckhart Tolle**

"Love, joy, and peace cannot flourish until you have freed yourself from mind dominance." **Eckhart Tolle**

"You may not yet be able to bring your unconscious mind activity into awareness as thoughts, but it will always be reflected in the body as an emotion, and of this you can become aware." **Eckhart Tolle**

"Emotion arises at the place where mind and body meet. It is the body's reaction to your mind — or you might say, a reflection of your mind in the body." **Eckhart Tolle**

Appendix

A Questionnaire: What Do I REALLY Want?

This questionnaire was created to help you get more of what you want in life. The logical first step is to clearly define what you want.

The importance of deciding what you want cannot be overemphasized when considering making any kind of changes in your life and yet, most people don't take the time to clearly define exactly what they want.

Some might say "I know what I want." but when asked to describe it they haven't thought much past the most general level. For example, one might say, "I want a new car" but not know what kind of car, what color they prefer, what extras the car will have, what price they are willing to pay, what it's worth to them to have the new car, etc.

This questionnaire is provided to help you clarify what you really want. I invite you to take the time to really give some thought to the questions offered here. Some of the questions offered are just samples of the type of question to be asking yourself. Let this be a starting place from which you begin to define and create the life you prefer.

You may also want to use JATAT on the thoughts you notice regarding your answers to these questions. If you "hear" yourself saying, "I could never do that." or "_____ won't approve if I do that." or other such limiting thoughts, use JATAT to disengage the thought.

Questions are truly the key to clarity in all matters. Questions lead us toward what we want and away from what we don't want.

Before we begin I feel it is necessary to make our intention very clear.

Although defining what you want is critical to having what you want, dwelling on not having what you want can be detrimental to your happiness. To get to where you want to go it is helpful to know where you want to go. However, dwelling on not being there before you arrive doesn't help you get there.

There are seemingly conflicting views on "wanting." Some say wanting is not helpful while others say it is. The confusion lies in our use of the word *want*. To *want* by definition refers to not having. Putting your attention on "not having" will increase the "not having." This is a very important point - as what you put your attention on becomes more real.

A better word for our use is *prefer* - to like better. I have chosen to use the word "want" because that's how it is used in common language and I wanted to make this clarification. We usually say, "I want _____." instead of "I prefer _____." In common language we often use "I want" to indicate "I like" or "I choose" (i.e. I want the blue one). I don't believe we generally mean, "I don't have the blue one." And yet, we don't say, "I want" when referring to something we already have. We are expressing "I don't have and would like to have" when we use the word "want." The importance lies in your intention and where you put your attention.

Our purpose here is to clarify choices and motivations and determine objectives.

It might be helpful to have a notebook with a couple of pages dedicated to each category listed below (i.e. health, finances, etc.) that you could write your answers in and update as your life changes.

I suggest to my clients that they use a binder with regular notebook paper to answer the questions listed in this questionnaire, along with any others they think of, and make notes of the related thoughts that reading and answering the questions trigger. Using loose leaf paper in a binder makes it easy to go back and add other information relating to your answers.

Let's begin...

If you could create your life anyway you like, would you create it exactly as it is or would you make changes? If you answered, "exactly as it is," congratulations on a life well lived. Otherwise, answer the following questions in as much detail as possible.

Would you make changes to your health? If so, what would you change?

What would be ideal?

What intuitively feels right?

Would you be stronger?

Would you be more flexible?

Would you have greater endurance?

Would you weigh less or more?

Would your bones be stronger?

Would you have a stronger heart and lungs?

Would you have a stronger immune system?

Would you live without allergies?

Would you move more or less?

Would you have better eyesight or hearing?

Would you have a better sense of smell or taste?

Would your skin be clearer?

Would the affects of age diminish?

Would you quit any habits that you believe don't serve you?
If so, what are they and when will you stop?

Would you start any new habits that you believe would serve you? If so, what are they and when will you start?

Would you start or stop consuming anything in particular?

Would you live without disease, discomfort and/or pain?

Are you grateful for your current level of health?

"You can free yourself from aging by reinterpreting your body and by grasping the link between belief and biology."

Deepak Chopra

"Reality is merely an illusion, albeit a very persistent one." **Albert Einstein**

"What lies behind us and what lies before us are tiny matters compared to what lies within us." **Ralph Waldo Emerson**

"The brain is closer to a receiver and transmitter of information, not the central repository of that information."

Lynn McTaggart

"The placebo effect is the fact that a belief that a person has can override their biology. Science has recognized that at least one third of all healings – including drugs, surgeries and other allopathic interventions —one third of all healings has nothing to do with the process, but has to do with the placebo effect." **Dr. Bruce Lipton**

"Sending an intention "that I am better," sending information with belief that "I am better," is sending information to the body to correct itself. . . A thought is an actual physical energy too, and it sends information to the body as well. So a negative thought or a thought about being ill is sending a scrambling to the body in a sense."

Lynne McTaggart

Is there a model of health that you will use as an example?

Will you measure your successes or not? If so, how?

Do you believe it is possible to achieve the level of health you want?

What might be possible?

What would you do if you could?

What could you do if you would?

What would you do if you knew you couldn't fail?

Would you make changes to your financial situation? If so, what would you change?

What would be ideal?

What intuitively feels right?

Would you tithe more or less? If so, how much?

Would you save more or less? If so, how much?

Would you spend more or less? If so, how much?

Would you invest more or less? If so, how much?

Would you keep closer track of your finances?

Would you have better credit or stop using credit?

Would you increase or decrease your level of debt?

Would you start a business or close an existing business?

Would you quit any habits that you believe don't serve you? If so, what are they and when will you stop?

Would you start any new habits that you believe would serve you? If so, what are they and when will you start?

Are you grateful for your current financial situation?

Is there a model financial situation that you will use as an example?

Have you researched how others have what you want?

Will you measure your successes or not? If so, how?

Do you believe it is possible to achieve what you want?

What might be possible?

What would you do if you could?

"Go confidently in the direction of your dreams. Live the life you have imagined."
Henry David Thoreau

*"As a man thinketh in his heart, so is he."
"Ask and you shall receive, seek and you shall find, knock and it shall be opened to you."* **The Bible**

What could you do if you would?

What would you do if you knew you couldn't fail?

Would you make changes to your relationships? If so, in what way?

What would be ideal?

What intuitively feels right?

Would you make changes to your relationship with yourself? If so, in what way?

Would you be more kind?

Would you be less accusing?

Would you be more independent?

Would you be less demanding?

Would you be more forgiving?

Would you be more compassionate?

Would you make changes to your relationship with your significant other? If so, in what way?

Would you make changes to your relationship with your sisters or brothers? If so, in what way?

Would you make changes to your relationship with your parents? If so, in what way?

Would you make changes to your relationship with your children? If so, in what way?

Would you make changes to your relationship with your in-laws? If so, in what way?

Would you make changes to your relationship with your friends? If so, in what way?

Would you make changes to your relationship with your co-workers? If so, in what way?

Would you make changes to your relationship with your boss? If so, in what way?

Would you make changes to your relationship with your subordinates? If so, in what way?

Would you make changes to your relationship with other family members? If so, whom and in what way?

Would you make changes to your relationship with other people in your life? If so, whom and in what way?

Would you quit any habits that you believe don't serve you? If so, what are they and when will you stop?

Would you start any new habits that you believe would serve you? If so, what are they and when will you start?

Are you grateful for the relationships you have?

Is there a model relationship that you will use as an example?

Do you believe it is possible to achieve what you want?

What might be possible?

What would you do if you could?

What could you do if you would?

What would you do if you knew you couldn't fail?

Would you make changes to where you live? If so, where would you live?

What would be ideal?

What intuitively feels right?

Would you move to a different location or stay in the same area?

What has the most influence over where you live: family, friends, your work, school(s), the climate, the landscape (i.e. mountains, beach, desert), etc.?

Would you prefer to rent or own?

Would you like to live on a higher or lower floor?

Would you like to live alone or with others?

Would you like to have or do you have children? If so, is where you live suitable for children?

Would you like to have or do you have pets? If so, is where you live suitable for pets?

Have you researched your choices?

Are you grateful for your current situation?

Do you believe it is possible to achieve what you want?

What might be possible?

What would you do if you could?

What could you do if you would?

What would you do if you knew you couldn't fail?

Would you make changes to your job/career? If so, what would you do?

What would be ideal?

What intuitively feels right?

"Whatever you can do, or dream you can, begin it. Boldness has genius, power and magic in it. Begin it now."

Johann Wolfgang Von Goethe

"The mind is it's own place, and of itself can make a heaven of hell, and a hell of heaven." **John Milton**

"To accomplish great things we must not only act, but also dream, not only plan but also believe." **Anatole France**

Do you know what you would do or do you need clarification?

Would you continue in the same field, or something similar or would you do something completely different?

What do you prefer to do with your free time?

Do you have a specific talent or skill that you enjoy?

What would you do with your time if you didn't need to earn a living?

Are you comfortable with computers and technology?

Are you familiar with the Internet?

Do you like to work with other people or to work alone?

Do you want to own your own company or work for someone else?

Do you like to work with animals or children?

Do you like to help people?

Do you feel you need to go to school before you can make the change?

Do you like to work inside or outside?

Do you like to work with the strength of your body or your mind or a combination of both?

Do you like to build things or sell things?

Do you believe it is possible to achieve what you want?

Are you grateful for your current work circumstances?

What might be possible?

What would you do if you could?

What could you do if you would?

What would you do if you knew you couldn't fail?

Is there anything you would like to be that you are not?

What would be ideal?

What intuitively feels right?

Would you like to be happier?

Would you like to be more at peace?

Would you like to be more or less helpful?

Would you like to be more or less involved in your community?

Would you like to be more or less acknowledged?

Would you like to be more or less productive?

Would you like to be more or less intuitive?

Would you like to be more or less wise?

Would you like to be more or less published?

Would you like to be more or less influential?

Would you like to be financially secure?

Would you like to be more or less wealthy?

Would you like to be more or less passionate?

Would you like to be more or less courageous?

Would you like to be a specific profession (i.e. doctor, dentist, dancer, etc.)?

What would you like to be?

Do you believe it is possible to achieve what you want?

What might be possible?

What would you do if you could?

What could you do if you would?

What would you do if you knew you couldn't fail?

Is there anything you would like to stop being that you are currently being?

What would be ideal?

What intuitively feels right?

Would you like to stop being late?

Would you like to stop being angry?

Would you like to stop being depressed?

Would you like to stop being stressed?

Would you like to stop being tired?

Would you like to stop being sick?

Would you like to stop being your own boss?

Would you like to stop being dependent or independent?

Would you like to stop being the scapegoat?

Would you like to stop being a specific profession (i.e. doctor, dentist, dancer, etc.)?

Would you like to stop being addicted?

Would you like to stop being indoctrinated?

What would you like to stop being?

Do you believe it is possible to achieve what you want?

What might be possible?

What would you do if you could?

What could you do if you would?

What would you do if you knew you couldn't fail?

Is there anything you would like to do that you are not doing?

What would be ideal?

What intuitively feels right?

Would you like to read more?

Would you like to dance?

Would you like to go out more?

Would you like to travel?

Would you like to stay home more?

Would you like to skydive?

Would you like to scuba dive?

Would you like to learn something specific?

Would you like to write articles or books?

Would you like to take pictures or produce a film?

Would you like to drive across the country or across town more often?

What would you like to do?

Do you believe it is possible to achieve what you want?

What might be possible?

What would you do if you could?

What could you do if you would?

What would you do if you knew you couldn't fail?

Is there anything you would like to stop doing that you are currently doing?

What would be ideal?

What intuitively feels right?

Would you like to stop hurting yourself?

Would you like to stop thinking too much?

Would you like to stop dreading Mondays?

Would you like to stop smoking?

Would you like to stop going out alone?

Would you like to stop traveling by bus?

Would you like to stop mowing your own lawn?

Would you like to stop overpaying your taxes?

Would you like to stop worrying about the future?

What would you like to stop doing?

Do you believe it is possible to achieve what you want?

What might be possible?

What would you do if you could?

What could you do if you would?

What would you do if you knew you couldn't fail?

Is there anything you would like to have that you don't currently have?

What would be ideal?

What intuitively feels right?

Would you like to have more free time?

Would you like to have more clarity?

Would you like to have more friends?

Would you like to have more freedom?

Would you like to have a new car?

Would you like to have peace of mind?

Would you like to have someone else clean your house?

What would you like to have?

Do you believe it is possible to achieve what you want?

What might be possible?

What would you do if you could?

What could you do if you would?

What would you do if you knew you couldn't fail?

Is there anything you would like to not have that you currently have?

What would be ideal?

What intuitively feels right?

Would you like to not have money issues?

Would you like to not have a noisy neighbor?

Would you like to not have a fear of heights?

Would you like to not have brown hair?

Would you like to not have a problem with your teenager?

Would you like to not have to go dancing?

What would you like to not have?

Do you believe it is possible to achieve what you want?

What might be possible?

What would you do if you could?

What could you do if you would?

What would you do if you knew you couldn't fail?

What else, if anything, would you change?

What would be ideal?

What intuitively feels right?

Do you believe it is possible to achieve what you want?

*"What the mind can conceive it can achieve."
W. Clement Stone*

What might be possible?

What would you do if you could?

What could you do if you would?

What would you do if you knew you couldn't fail?

After completing your detailed answers to these questions, take a moment to reflect on your current situation. If your situation is less than optimal, consider that experiencing life as it is right now has given you the opportunity to really appreciate the improvement when changes for the better occur.

You cannot fully appreciate light until you have first experienced the dark. Take some time to really appreciate your current situation in all its aspects without judging it as good or bad - it just is.

If you want to make changes, decide that you are finished with your current situation (after appreciating it just as it is - running from it doesn't work). Decide what you want to experience next (refer to your answers to the questions above).

Rewrite your answers from above in the present tense and describe the ideal circumstances, as you would create it.

Feel yourself in your ideal setting and circumstances enjoying your new creation completely. Really appreciate it fully as if it were real right now.

Periodically review (and revise as desired) your ideal circumstances and really feel what it would feel like to have things this way.

Review more often at first. Do not become attached to having things this way. Just really appreciate what it would feel like and then let go of it and experience things as they are without judging them as right or wrong. This may not be easy at first but just start from where you are.

Now that you've clarified what you really want in your life, you're well on your way to creating the life you prefer.

"Whatever you create in your life you must first create in your imagination." **Tycho Photiou**

"We are not onlookers peering into the unified field of separate, objective reality - we are the unified field. We can reach beyond the physical body and extend the influence of intelligence. Every thought you are thinking creates a wave in the unified field. It ripples through all the layers of intellect, mind, senses, and matter, spreading out in wider and wider circles. You are like a light radiating not photons but consciousness. As they radiate, your thoughts have an effect on everything. Your relationship to life is the same as that of one cell to your whole body. One cell can talk to your whole body. One cell can influence your whole body. You can talk to the whole of life - influence the whole of life. The whole of life is as alive as we are. The distinction between 'in here' and 'out there' is a false one - as if the heart disregarded the skin because it was not on the inside." **Deepak Chopra**

"Our challenge, which is also a tremendous opportunity, is to open up to a literally life-changing way of thinking ourselves into existence." **Sol Luckman**

"The mind is the seat of perception of the things we see, hear, and feel. It is through the mind that we see the beauties of the earth and sky, or music, of art, in fact, of everything. That silent shuttle of thought working in and out through cell and nerve weaves into one harmonious whole the myriad moods of mind, and we call it life." **Charles Fillmore**