

HEART JOURNAL

1) What happened?

2) What was I thinking/feeling?

3) What did I do?

4) What did I want to happen?

5) What actually did happen?

6) What do I believe about the source of true happiness in this circumstance?

7) What do I believe about God in this circumstance?

8) What do I believe about myself – my rights, my goals, my desires?

9) What am I trusting in?