

The Focused Journal Method for Weight Loss

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The Focused Journal Method

1. You identify an issue
2. You examine its significance
3. You identify core questions
4. You tease out intentions
5. You notice what shadows get activated
6. You identify the strengths you bring
7. You align your thoughts with your intentions
8. You align your behaviors with your intentions

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1. You identify an issue

"Oh, I have appetites."

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2. You examine its significance

"Okay, what does this mean? Well, on the positive side, it means that I am really and truly alive. On the negative side, it means that I get really, really hungry, that I can't get satisfied, that ... etc."

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3. You identify core questions

"If my appetite is essentially a good thing, but if I want to lose weight and keep it off, what do I do with that conundrum? I want a healthy appetite but I don't want certain consequences of that healthy appetite. What to do?"

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4. You tease out intentions

"Okay, having thought about it, my main intention is not to squash my appetite but rather to aim it. When I'm feeling ravenous, I am going to aim myself in the direction of my painting studio and not in the direction of the refrigerator or the cupboard."

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5. You notice what shadows get activated

"Oh, I see, I'm not really sure that I WANT to get to my painting studio. Well, that's certainly going to make it harder for me to live my new intention. I had better get clear on why I'm avoiding my painting studio."

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6. You identify the strengths you bring

"I think it's mainly that my passion for painting has faded. Well, I have the ability to rekindle that passion. I've done that before. I guess that's what I need to do now, because I won't be able to aim my appetite in the direction of my painting studio if I haven't relit that flame, one that I think has been flickering on low for a long time now."

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7. You align your thoughts with your intentions

"To pull this off, I'm going to need to think thoughts that serve me. Two that I want to begin thinking are 'I love my appetite' and 'I can direct my appetite anywhere I want it to go.'"

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8. You align your behaviors  
with your intentions

"Okay, here is my action plan. Each day I'm going to ceremonially rekindle passion for painting by lighting a candle. Then I'm going to have a small breakfast, which isn't really going to satisfy me. Then I'm going to say, 'I'm still hungry—for painting!' Then I am going to go DIRECTLY to my studio and paint for two or three hours. Then I'll have my pre-prepared snack and get right back to painting!"

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