
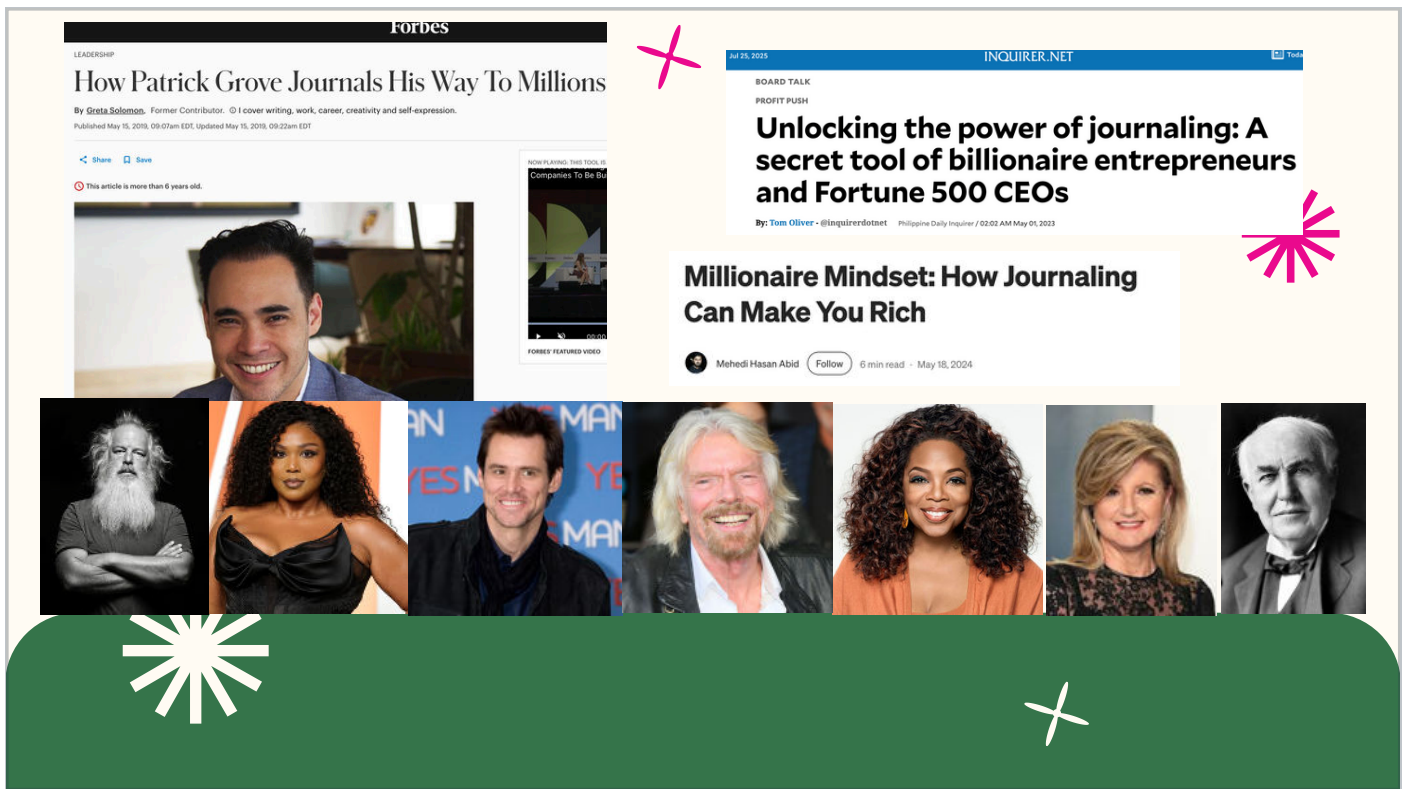


*Journaling is so more
than just writing in a
notebook*



M: Story about Kevin and unexpected sale of the house & "how it happens is none of your business" (don't worry we will talk about detaching later)



Examples

✓Rick Rubin - co founder of Def Jam Records

✓Lizzo

✓Jim Carrey - wrote check for \$10M before hitting it big

✓Richard Branson - Virgin Group (Records, Air, Records, Mobile)

✓Oprah Winfrey -

✓Arianna Huffington - cofounder HuffPost

✓Thomas Edison -



What We'll Cover



- What scripting is (and isn't)
- Why your words shape your world
- The science behind it (RAS + subconscious)
- The 4 ways scripting works
- A simple step-by-step formula
- How to embody your future self now
- What might block you—and how to shift it
- A powerful letter-writing exercise



J:

What is and isn't scripting (or intentional journaling)

Why your words shape your world

The science behind scripting

4 ways scripting works

A simple to follow formula

How to embody your future self

What might block you and how to overcome it

A super powerful letter writing exercise

+ What is *Journaling?* *

"Writing about your life as if your desires have already come true."

What it IS:

- A tool for clarity
- A subconscious reprogramming practice
- A manifestation technique

What it's NOT:

- A to-do list
- A prayer request
- A fantasy journal



M: What is journaling and what is it not?

- A tool for clarity
- A subconscious reprogramming practice
- A manifestation technique

Not

- A to-do list
- A prayer request
- A fantasy journal



Why our Words Matter

MENTAL CLARITY

When you put pen to paper, you're forced to define your desires or dreams clearly, which sets your intention.

Instead of saying, "I want more sales," you write,
"I just hit my first \$2,000 month, and it feels so ____."

Clarity gives direction. Direction creates momentum.

RETICULAR ACTIVATING SYSTEM

Brains Evidence Collector
more on this later

EMOTIONAL ALIGNMENT

Writing as if it's already done lets you start FEELING the success in advance.

Feelings are the fuel behind action.

IDENTITY REINFORCEMENT

You begin to embody the version of you who already has what you want.

The Science: RAS

Your Reticular Activating System is the brain's filter.
It decides what you notice and ignore based on what you believe.

Example:
You're not even seriously shopping for a car but you test drive a red SUV... and then you start to see it everywhere.

Why it matters:
When you write something with belief and emotion, RAS goes, "**Cool—this must be important!**" Then it starts to bring you the evidence!

M:

RAS stands for Reticular Activating System & it is your brains guard. Nothing gets through without going through this guard post & it's trained by your beliefs, focus, and emotions.

It acts as a filter, deciding which sensory information reaches our awareness, allowing us to prioritize what's important and ignore distractions

You are viewing 11 MILLION bits of data per SECOND.

But your conscious mind can only handle 40-50 bits per second. See why it matters?

By filtering information, the RAS helps us focus on our goals & intentions, making us more likely to notice opportunities & resources related to those goals that were already there we just didn't see them

What you look for, you will find.

Emotions First, Results Second



When you feel the success in advance, you begin acting in alignment with that success.

It's okay if it feels awkward at first! Your subconscious just needs repetition and safety.

"Your subconscious is the driver. You're just the passenger... unless you rewire the route."

Write → Feel → Believe → Receive.



Emotions First

J:

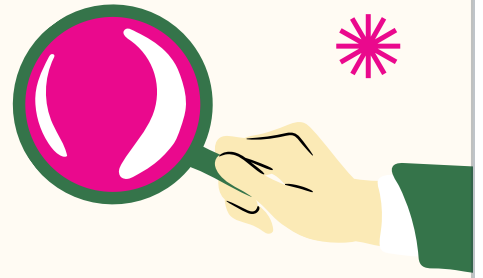
Journaling as if it's already done lets you start FEELING the success in advance .

Emotional alignment is key because your actions follow feelings.

Feels awkward at first



Identity Is the Shortcut



Want to change your life? Change your identity first.

- *Think like her*
- *Speak like her*
- *Walk like her*
- *Write like her*
- *Dress like her*



Examples:

I light a candle before working because Future Me enjoys her space and pace.

I pack a lunch, not because I 'should,' but because Healthy Me does.



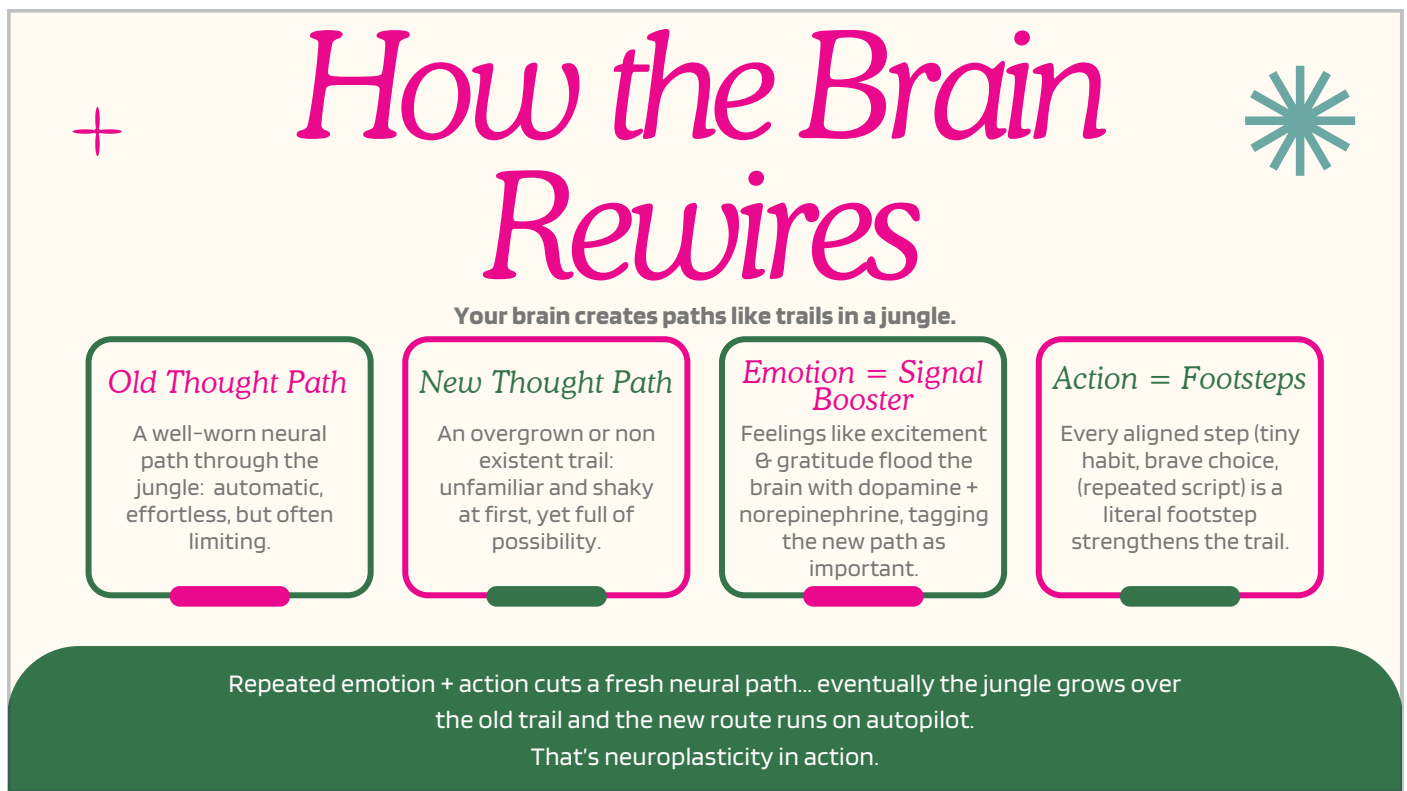
M:
When we intentionally journal what we want we will start taking action instead of just dreaming.

This change helps us begin to act like the identity of the person who achieves the goal.

What does she think
How does she speak
How does she walk
How does she write
How does she dress

Even simple changes in your daily language will have a huge lasting impact.

Instead of “I have to....” to “I get to or I am going to”



J:
The science neuroplasticity

When we first try to walk through a forest, it's hard to find a clear path. But if we keep walking the same way, we create a trail that becomes easier and easier to follow over time.

Our brain is similar: When we learn something new, it's like creating a new path in the forest. The more we use that path (by practicing or thinking about it), the stronger and more defined it becomes.

Emotions like gratitude/excitement tags the new path as important to our brain.

Every aligned action step (repeated journaling) is a footstep that strengthens the trail.

*Old thought path
come home from work and turn on TV

*New thought path
come home from work, go for a walk, write the book, work the business - hard at first

*I'm grateful I have legs to carry me, I'm grateful for the fresh air that grounds me, I'm excited for the new business,

*Repeat

Our brains are always looking for the easiest path.



Journaling Formula



1. *Start with a clear desire*
2. *Write as if it's already done*
3. *Generate the emotions you'd feel*
4. *Skip the 'how' (just trust it will happen)*
5. *Make it believable enough (60–80%)*
6. *Include details (dates, feelings, numbers)*
7. *Bonus: Write it like a letter to your future self*



M: Formula

- Start with desire
- write as if done... today I.... I am so joyful....
- generate the emotions
- trust the process
- make it believable
- include details
- write a letter to yourself looking back on your present self.



Not looking for perfection

Josh's story letter to self passing the exam

Sticky notes

I always have exactly what I need when I need it

I am the proud owner of a six figure business

Gratitude Journaling

I am so thankful and grateful that today, July 2026 I've _____

all areas of life (relationships, business, health, finance, spiritual, home, hobbies, social, intellectual)

Writing on the wood of a new home



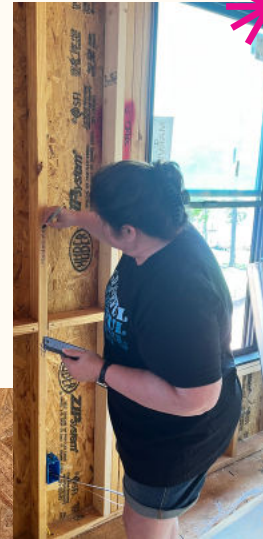
Monty did

Wow! That's all I can say. I am so filled with emotions right now. I just passed my Series 65 exam and well on my way to being an agent. I have a lot of work to do before I open my doors but I am so excited and scared to start my journey! I truly could not have gotten here without both of you! Please come and see my office once I open.

Your loving son,
Jossy

P.S. I wrote this before I took the test. I wanted to mail it to you.

I love you guys so much I am very excited to see you guys when you come.



Embody Your Future Self

FUN FACT:

Your nervous system can't tell the difference between real and rehearsed so start rehearsing joy now.



Move like her

confident posture, slow breath, grounded energy



Dress like her

not fancy just aligned with what your want to dress like in the future



Speak like her

"I did it. I'm proud of me. When I... I will..."
Keeping promises to yourself



Feel like her

What does your future self feel like on a day to day basis?

M

Embody your future self.

Fun fact your nervous system can't tell the difference between real or rehearsed! (Blue angels, military, performers, athletes etc)

Take time to actually think about how your future self handles situations.

How does she move?

How does she dress?

How does she speak about herself?

How does she feel on a day to day basis?

+ *Take Aligned Action* *

- You don't need the whole plan—you just need the next step
- Your intuition always knows
- Tiny action > perfect plan
- "Would Future Me do this?" → Let that guide you

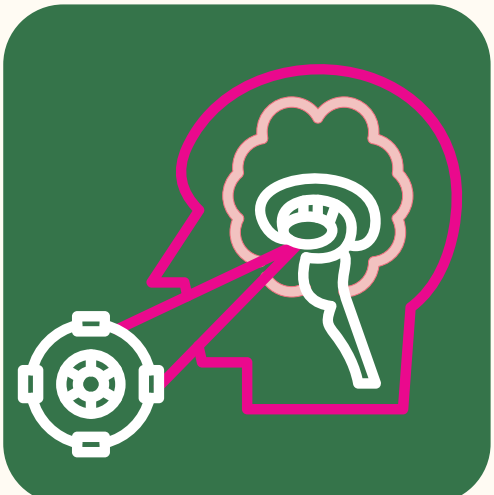


You don't need the whole plan—you just need the next step

Your intuition always knows

Tiny action > perfect plan

"Would Future Me do this?" → Let that guide you



Detach to Receive

Detachment is not giving up. It's letting go of control.

Let go of HOW or WHEN
Stay open to "this or something better"

Trust that delay doesn't mean denial

You are already worthy...whether or not the goal arrives

M - Detachment
THIS IS SO IMPORTANT!

Where most people get stuck.
It doesn't mean giving up
It doesn't mean not taking action
It doesn't mean pretending you don't care.
Instead, detachment means:
Letting go of the Control (which is totally fake by the way)

You stop micromanaging how and when your goal must happen. You trust that you are putting in the aligned action needed...

✨ Think: "I'm planting the seed, watering

Your goals should not make you feel better than you are now. You are already amazing as you are!

Your value or happiness isn't dependent on reaching the goal.

You're simply saying: "I'm already enough and this goal is just a beautiful bonus."

I always believe "this or something better" or Let Go & Let God!

Celebrate It All

What you celebrate gets repeated.

Celebration = dopamine spike

Reinforces the belief: "I can do this again"

Shows your nervous system success is safe

Doesn't have to be big light a candle, take a walk, text a friend

Joy is the highest frequency. Let yourself feel it now.



J

SO important! What we celebrate gets repeated!

This doesn't have to be extravagant, choose something that brings you JOY and make sure that every time you accomplish something you are celebrating.

One of the biggest faults of ours is that when we get to new levels we stop celebrating the level before and just move onto the next.

SCIENCE:

Dopamine:

Neuroplasticity: Reinforcing Identity

Celebration = Alignment with Receiving

Joy is one of the highest vibrational states.

It teaches your nervous system that success is safe



Common Blocks



"What if I can't imagine it?"

Start with a smaller goal. Clarity builds confidence.

"I feel silly."

Good. That means you're stepping out of your current identity.

"What if it doesn't come true?"

Then something better is coming, or your subconscious isn't aligned yet. Keep going.

"What if people judge me?"

They absolutely will... but your dream isn't up for debate. You're not living for them, you're living for you.

M

What if I can't imagine it?

Then choose a "smaller" goal

we aren't looking for a baby step we are looking for the 1/2 step that you can make a move on without feeling constriction.

I feel silly.

Great! Uncomfortableness means you are stepping out of your current self! What is the worst thing that can happen? You secretly start working on yourself and your life changes for the better? Or it doesn't change at all?

What if it doesn't come true

Then something better is coming your way OR it wasn't meant for your OR you are expanding into something else entirely OR you are being protected OR your desire wasn't in alignment with you subconscious.

Remember our subconscious is the one running the show day to day.

What if people judge me?

They absolute will and..... no seriously... think about it. who literally cares? When you are on your deathbed are you going to be so happy that you didn't do this or that because Stan didn't want you to??

+ Your Future Self Letter Exercise

Step 1: Clarify Your Goal

What's one thing you want to be celebrating a year from now?
→ Be specific. Stretch yourself—but don't make it impossible.

Step 2: Write the Letter (5–10 minutes)

Describe where you are one year from now.

What happened?
How did it feel? (use lots of descriptive emotions)
What surprised you?

End with a message of love, pride, or encouragement.

Step 3: Put it in the Collection Box!

Write your name and address on the envelope and put it in the collection box before the end of the conference!
→ We will be mailing them to you 1 year from now!

We're going to take a little trip—not in the DeLorean, but in your imagination. I want you to picture yourself exactly one year from today. You've taken aligned action and the goal that's on your heart is already DONE.

Be specific (use dates, numbers, etc.) Stretch yourself but make it believable.

Spend 10-15 minutes journaling what it is you'll have, be, or do. What exactly happened (not how). How does it FEEL Lots of descriptive emotions)
Don't judge yourself
End with message of love, pride or encouragement.

Write your name and address on the envelope and put it in the collection box before the end of the conference.

We will mail it to you 1 year from today.