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Your Great Escape Plan: A Personal Inventory

"If you don't know where you're going, any road will get you there." – Lewis Carroll

[This journaling session is a bit lengthier than others, including several different prompts. You may want to write a little bit every day, if you feel like it is too much to do in one sitting. Take your time with it and don't feel like you have to rush through it. Enjoy the process of planning your great escape.]

Do you feel the need to escape from something? Or someone? Or a certain scenario? Or a professional choice? If this is true, where are you going? Good question, isn't it?

Where are you going? What is the first answer that comes to mind? Write it below:

Well, the thing is: *I do know* where I *want* to go . . . but am I going anywhere? Really? Has complacency captured my drive, initiative, and motivation and locked it all in a pen that contains resources that are very present, yet I can't quite see how to implement them into action? The resources are there, but it is going to require a helluva lot of energy to make my escape happen. Resources. We all have them. "Google define: gives these definitions for *resources*: (1) a stock or supply of money, materials, staff, and other assets that can be drawn on by a person or organization in order to function effectively or (2) an action or strategy that may be adopted in adverse circumstances.

My takeaway from this: STUFF & ACTION. I don't think I can think of any better way to launch my escape from being trapped to freedom to be happy and fulfilled.

One reason this can be a tough question to answer is that my set of personal circumstances have been custom-shaped by my personal choices. Circumstances. Choices. Resources → stuff + action. There is a lot going on here, isn't there?

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And one of the bigger questions: I feel like I *am* expending personal resources (time, energy, creativity) but am I using **every** resource that is available to me? Is there something that I haven't taken a chance on yet? Is there something that I am too afraid to take a chance on? Is there a block there that I can feel but I can't identify?

The thing is this: **I know that I am capable of so much more.** Perhaps this is what drives the pistons of life's inner dissatisfaction or confusion or self-defeat within my subconscious and conscious worlds. I know that I have so much more inside of me to create, to offer, to be. So, what's stopping me?

The word **escape** has so many different connotations. It can mean that I am escaping from something that isn't pleasant or that is discouraging. *Or* it can mean that I am experiencing a moment of escape. Something pleasant in my present moment, like the feeling of reveling in the sunshine on that Maui beach . . . but still with life's root-of-reality reminding me of that which I will be returning to once vacation is over.

With today's journaling, I am thinking about creating a new reality that puts positive *escape* into the center, the very core, of each day-to-day . . . living the dream and knowing it. I want to eliminate the need for immediate gratification and reward, and just absorb that moment of escape of knowing that I am doing what I love **right now**. Let your heart and mind come together on this journaling prompt. Enjoy it and see it as an opportunity to grow your inner self. This is about amplifying happiness and contentment and fulfillment . . . not about feeling badly about life and the hand that you feel has been dealt to you. You are more than this. Embrace your Inner Champion! 😊

1. **Where are you going?** What is the first answer that comes to mind? If you don't know, write *I don't know*. *I don't know* can be a very good start!

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2. What does your vision of escape look like?

3. What does your vision of escape feel like?

4. What's stopping you? Is there a block there that you can feel but can't quite identify? Listen to your intuition. Write the first thing that comes to mind.

Let's take a personal inventory of life. Write single words or short phrases in the columns on the next page. If you want to elaborate and write longer descriptions, turn your paper over and, please, write the words that your Higher Self wants you to hear. Words are often the path to discovering an epiphany. It is my hope that at the end of this writing, you will be shouting *Eureka! I've got this!*

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What words or phrases would you use to identify your present circumstances and choices? **Please**, don't think only in terms of *negative* . . . include the *positive* as well. Remember, this is an inventory . . . not a time to beat yourself up. Focus on life and celebrate it. It's not all *negative* just because you don't feel that you are living your bliss.

How would you describe your present circumstances and choices?

Circumstances	Choices

[Circle the positive things above. Focus on these and express appreciation for them before moving on to the next page. It feels good to appreciate the positive!]

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Next . . . let's look at your **Resources**: Stuff & Action.

5. What is some of the Stuff – the Resources – in your life that are leading you to your Great Escape?

Have fun with this. Go deep when you **acknowledge** your resources. There is so much more **in life** and **within you** than you know. Think DEEP on this. For example, I love to write. I have loved it since I was a very young girl, and I first learned how to write my name – the magic of it all! One of the resources in my columns is having been provided an early education that focused heavily on reading, language, and writing. *I so value this*, as it fed my inborn passion of writing. As obscure as it may seem, I would definitely put this in my Resources column. Like I said, go back and go deep. Fill the columns below with your greatly-appreciated Resources.

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6. What are some Actions that you will take to expedite your Great Escape?

Time to go for it! Be a honey badger! Use all that you've got to make your Great Escape into Bliss. First, list some of your favorite or strongest Resources (from the previous page) below. Then write some Actions that can utilize and benefit from these Resources. Have fun with this! Be willing to go beyond your Present Reality and extend yourself.

Resources	Action

Circle one (or more) action above that you **will** do today or tomorrow. Time for action!

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7. A final question: What resources are you not using?

I'll never forget the year that I received my first diary for Christmas at the age of 10. Its fancy lock and key and its gilt-edged pages were so magical! I had been scribbling my experiences and thoughts of the day in little spiral notebooks until that Christmas. That diary was so special that, at first, I didn't even want to spoil its pristine pages with my handwriting – it was that cherished of a resource.

What resources are you not using? What resources have you tucked away that you are *keeping for special*. Follow the same Resources/Action format as before. Time to start using your Stuff! Truly, of all of these prompts, I think that this is one of the more important ones. It is nudging you out of *covet mode* or *fear mode* or *lack mode* and giving yourself permission to use and express your gifts!

Unused Special Resources	Action

[P.S. I *did* write in my diary, and I filled it with all kinds of scribbles, doodles, and dreams.]

Life is an epically lively event. Recognize and appreciate your Resources: your Stuff and your Actions. Take a chance on a new choice . . . one that involves the power of Risk. Make your Great Escape to a life of satisfaction and bliss. *We grow when we choose.*