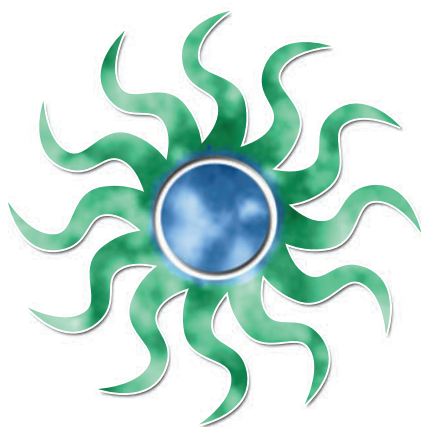


The
Inner
Power
Journal
& WEEKLY PLANNER



a unique, holistic journaling process for positive, radical growth

Antonia M, PhD
author of the *Inner Power Workbook*

— A Personal Message from the Author —

I am so excited to bring you this journal. I've kept a journal since my youth and carry one wherever I go. Like many journalers, however, I wanted more from journaling than the ordinary journal could provide. This is not your ordinary journal! I designed the *Inner Power Journal & Weekly Planner* to integrate the five key elements that a journaler like me needs most in a handwritten journal:

- 1. Searchability:** I needed to easily and quickly find specific entries, as well as search for recurring themes across multiple entries—and sometimes across multiple journals.
- 2. Flexibility:** I write, blog, create podcasts, and sometimes use an electronic journal or make audio notes on my digital recorder. I needed a process that allowed me to seamlessly integrate all of these into my handwritten journal, without breaking continuity or doing double the work.
- 3. Accountability:** Great insights and ideas come through when journaling. I needed a way to keep track of them, stay focused and follow through without needing a separate calendar.
- 4. A Growth Process:** I got a big shock one day when I read my old journals and realized that I had been writing about the same thoughts and experiences year after year. I needed a way to transform my experiences into a process for growth—so I wouldn't have to keep reliving them!
- 5. Coaching:** I go to my journal with all my problems, roadblocks, questions, and confusion, as well as my big ideas. Just journaling about them can be helpful, but is not always enough. I needed a journal and a process that could show me how to resolve an issue, and then empower me to do it.

The *Inner Power Journal & Weekly Planner* provides all of these benefits and more. It is a unique and innovative tool intended to make your journaling process more effective, efficient and holistic. The book's design helps you to use your handwritten journal more deliberately to achieve positive, radical growth in your life and in your Self. I think you will be excited and amazed by your journaling experience and the transformation that it brings.

In choosing the book's unique features, layout, and organization, I drew upon my expertise in metaphysical psychology, spiritual health, holistic empowerment, and on my success in the area of achieving breakthroughs. Used as a stand alone journal or as a companion to my first book, the *Inner Power Workbook*, the real power behind the *Inner Power Journal & Weekly Planner* is in its ability to bring about true metamorphosis in body, mind, spirit, and emotions.

The Inner Power Journal & Weekly Planner...

- Introduces you to a new and unique journaling process that produces profound life changes.
- Allows you to easily categorize, "tag," reference, search, and track individual entries as well as recurring themes using a table of contents and index page that you can update.
- Makes it easy to integrate your handwritten entries with other projects, such as an article, blog, memoir, or progress report, because of the journal's organization and searchability.
- Enables you to turn your personal, professional or spiritual insights and ideas into clear priorities and focused action in the integrated weekly planner.
- Teaches you how to creatively solve problems using Inner Power Mapping™—a simple, holistic process to clear negative patterns and subconscious blocks.
- Empowers you to be more mindful and turn your journal into a clear path of awakening and life success.
- Helps you to stimulate, embody and integrate inner power, inner wisdom, and the principles of Whole Growth™ into an organic, holistic process for balanced growth in all dimensions.

Used consistently and with deliberateness, the *Inner Power Journal & Weekly Planner* becomes much more than a chronicle or diary. It becomes a powerful legacy and a personal map of your own path to success, awakening and transformation.

~Antonia M, PhD

The Inner Power Doctor
& Change-Your-Life Coach

Under ordinary circumstances, a journal is just a memoir. Under extraordinary circumstances, a journal is an agent of change. If you have kept a journal for any length of time, look back at the entries you've made over the years. The names and places may have all changed, but has your internal reality remained the same? Have you written about the same things, had the same thoughts, gone through the same ups and downs over and over again? Have you vented your frustrations within the safe confines of the page while never confronting the issue directly in your everyday life? Have you recorded insights and bright ideas that you subsequently never pursued, never applied, or perhaps forgot about altogether? If your answer is yes to any of these questions, then you have not journaled consciously in an empowered way. The *Inner Power Journal & Weekly Planner* introduces both the new and experienced journaler to a holistic journaling approach that simultaneously stimulates organic growth and transforms your inner and outer life.

For the mindful, a journal is a enlightened space where the power of the pen, the word, awareness, and intention meet for the unified purpose of educating and unfolding the Self. When done consciously, journaling becomes an interactive and dynamic vehicle for incubating your selfhood and humanity.

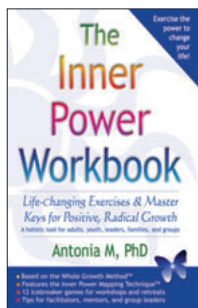
On the surface it may appear that keeping a journal is automatically a mindful practice. But from a metaphysical point of view, memorializing your experiences on paper is not in itself a mindful activity. What transforms journaling into an empowering and meditative process is its conscious use for alchemical change—the restructuring or reweaving of the fabric of your being.

Practiced consciously with introspection and purposefulness, power journaling is a tool for mastering mind, body and emotions, and becoming attuned to spirit. It lays a path for discovering personal truth and examining how best to demonstrate it in your life.

Whether you are a new or experienced journaler, or a facilitator introducing the power of journaling to a group, you'll find that the *Inner Power Journal & Weekly Planner* not only engages the mind, but also the body, emotions, and the spirit in a unique way. The book stimulates creativity, intuition, and a deep self-knowledge that will empower you to integrate a strong spiritual connection into any area of your personal or professional life. Based on Dr. M's holistic power journaling technique and her Whole Growth Method™—an organic, holistic process for balanced growth in all dimensions—the *Inner Power Journal & Weekly Planner* evolves the journaling process into a profound life-changing experience.

The *Inner Power Journal & Weekly Planner* features:

- A table of contents that you can update for easy reference to your entries by date, keyword, and/or page number.
- A modifiable index page at the back of the book for easy categorization and tracking of recurring themes and issues.
- Over 180 numbered journal pages for easy cross-reference.
- 52-Week “power planner” to focus your priorities, energy, and attention, and to track your “mission critical” goals and tasks.
- Exclusive section for Inner Power Mapping™—a simple, holistic technique to clear negative patterns and subconscious blocks.



Exercise the power to change your life! The *Inner Power Workbook* is the perfect companion to your journal. Learn to apply Dr. M's powerful exercises, holistic techniques and metaphysical lessons for becoming who you have the power to be. Preview the book as well as the *Inner Power Hour* radio show and more at:

www.InnerPowerWorkbook.com



Exploring the mysteries of life and self.

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— About the Author —

Holding a doctorate in metaphysics and pursuing a second in metaphysical psychology, “The Inner Power Doctor & Change-Your-Life Coach,” Antonia M, PhD is a master metaphysician with an emphasis on spiritual health and holistic empowerment. She develops and facilitates innovate adult, corporate and youth programs for wisdom, wellness and whole growth. Dr. M’s work draws upon a unique blend of eastern, western, and indigenous teachings and techniques, including energy medicine and the martial arts. Her programs incorporate InnerPowerment™, personal development and spiritual rehabilitation to help participants achieve positive, radical growth; emotional healing; life balance; and clear direction. She also trains facilitators and other leaders in the use of holistic methods and metaphysical techniques. As a consultant, Dr. M helps businesses and organizations to create and implement holistic programs and methods for their members, staff, and business processes.

Dr. M is the CEO of Conscious Enterprise, Inc. which provides holistic staff, leadership, and business development training. This includes wellness, work/life balance, stress management, and “wisdom in the workplace” programs, among others. Dr. M is also Spiritual Director of the Inner Life Society. A columnist and host of the Inner Power Hour radio show, Dr. M was one of the first producers of metaphysical and holistic Internet talk radio and e-learning in the 1990s. She continues to speak and offer online courses.

Critically-acclaimed original programs created by Dr. Antonia M

- Entrepreneurs InnerPowerment Project™
- ILS Int’l Meditation Instructor’s Training & Certification
- Healing Pain, Grief & the Past
- Leader’s InnerPowerment Training Series
- InnerPowerment Program™ (6 different programs for parents, prisoners, staff, women, youth, and people in transition)

**Listen to Dr. M’s radio show, the Inner Power Hour at
www.InnerPowerHour.com**