

# Chapter 9: Rebuilding

Before you move forward, take the time to reflect and journal on where you started and where you are now.

## Questions to Consider

What have you learned since starting this course?

---

---

---

What have you applied?

---

---

---

How have you grown in understanding and acceptance of yourself and your circumstances?

---

---

---

What changes in thoughts or feelings have you experienced?

---

---

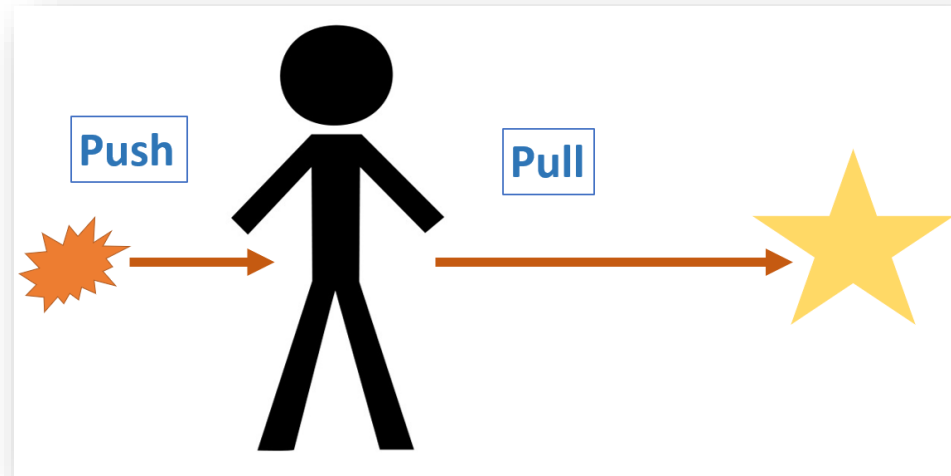
---

Recording these thoughts and feelings will help you to solidify your new understanding as well as validate your progress.

Throughout this course we've reviewed the importance of emotions in helping you see where you are, what you're thinking and why you do what you do. Now let's look at emotion and how it can help you go from where you are to greater peace and happiness.

# Push vs. Pull Energy

The emotion of grief is a push energy. It propels you away from the pain you don't want. Your actions are influenced by negative emotions, such as grief, disappointment, resentment, etc., as you work to reduce your pain. But reducing pain can only move you so far.



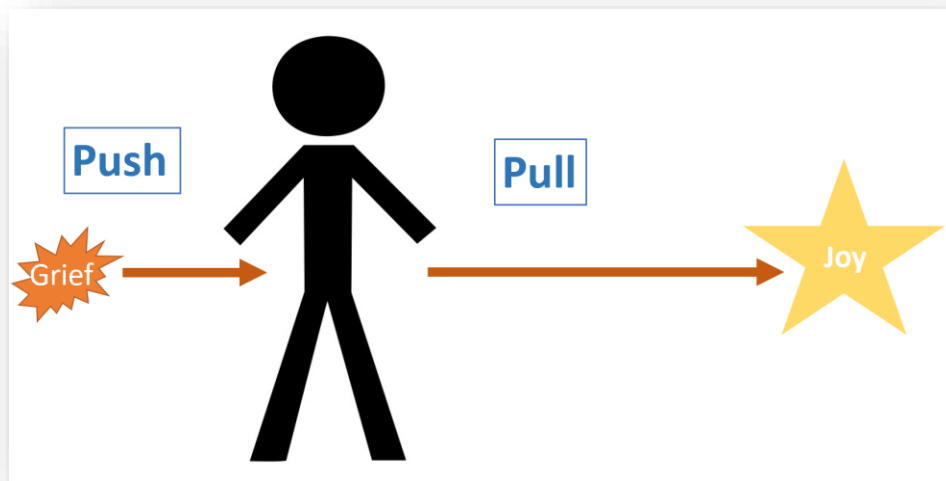
*Push energy “pushes” you forward away from an undesirable experience.  
Pull energy “pulls” you forward toward a desired outcome.*

As humans we love progress. We thrive on progress. If we don't perceive progress, we feel stuck and unhappy. This is one reason grief is so hard is because we don't naturally have the tools to make progress through our grief, so we feel stuck in our pain and unable to move forward. Now you have actionable tools to help you go from stuck to progressing toward healing and happiness.

But how do you continue to progress? In order, to make greater progress, you must also engage in pull energy.

When we think of peace, happiness, or joy, which are expanded emotions that we wish to cultivate, getting there can feel unclear. When using a GPS in a car, you need to be clear about your destination for the GPS to work for you. Similarly, you'll need to create greater and greater clarity about your desired outcomes to rebuild in a rewarding and sustainable way.

Pull energy is created when you know where you're headed. An important element of future satisfaction in life is knowing how to set and accomplish goals and intentions. To begin, the following sections will help you to understand setting intentions and creating joy in your life.



## Questions to Consider

What push energy emotions do you regularly feel?

---

---

---

What pull energy emotions do you regularly feel or would like to feel?

---

---

---

# Intention

Intention is a powerful practice that can help you to start creating more pull energy in your life. Setting intentions allows you to make decisions ahead of time of what you want and how you want to experience it. Living an intentional life allows you to be very deliberate in what you create in your life and how you create it. It's more than goals. Intentions can create positive energy around what you want. Wherever you find yourself in the process of healing, you can start living with intention which will aid you in continuous progress.

Progress is happiness. We are made to progress. We feel better when we progress. But be sure not to confuse busyness with progression. This is not about busyness; it's about intentional, thoughtful progress.

## 3 Steps to Create a Life of Intention

1. Choose an Objective
2. Make a Plan
3. Take Action

First, practice this on a small scale. When you think of a goal, do you tend to think it's not a goal unless it's huge? We commonly think that way. Instead, begin by thinking small scale. You may feel resistance to this and that's ok. We tend to think we have to make huge changes to make progress. In fact, you can create big shifts in your direction through small, incremental progress.

The following exercise will help you to start living with intention while also helping you connect to your personal wants and desires. Like many people, you may discount what you want. You think your desires don't matter, or you are being silly to want such a thing. But your desires are a real part of who you are and when you think your desires don't matter, you inadvertently tell yourself that you don't matter. Of course, you do matter and what you want matters too.

The following simple exercise is designed to help you begin reconnecting to yourself and your wishes.

1. **Choose an intention.** The intention is an objective that you're going to put into action. Choose something *you want* to do tomorrow that's easy to do and that takes little energy or time commitment. Focus on what you want, not what you think others expect or even what you think you *need* to do. Set the intention: "Tomorrow I will \_\_\_\_\_" Fill in the blank. Focus on your intention.
2. **Make a plan.** How are you going to make your intention a reality? For example, if you want to take a walk, make decisions now about when and where you'll walk. Set out your clothes and your shoes. When you make a plan, do simple things now that will set you up for success tomorrow.
3. **Act on your plan.** Tomorrow, focus on "Today I will \_\_\_\_\_" Then simply do what you set the intention to do.

*You may feel resistant to doing what you planned. As much as possible do it anyway. If you find you aren't doing what you planned, consider journaling for a few minutes with curiosity about why you didn't do what you planned. Then journal how you want to think, feel and act differently. Exploring why and how you want to change will give you great insight that will help you move forward.*

## **Tips:**

**Take small steps.** Here's several examples of small steps you might take: take a 5-10 minute walk, water the plants in the kitchen, sit in the sun at the window for 5 minutes, do a 5-10 minute yoga routine, read a book for 5-10 minutes, or drink your tea on the patio.

**Do this daily.** Daily, set an intention, make a plan and act on your plan. Consider keeping a record of your intention for the next day and checking it off as you complete it.

**Use a daily tracker.** A daily tracker is provided at the end of the chapter. As you do this each day you will collect a list of checked and accomplished intentions. Remember to feel the energy of your accomplishment.

By doing these simple acts, you are creating trust in yourself and strengthening the value you place in what's important to you. How easy is it to make so many commitments to others that you never find the time to commit to yourself and follow through? This is a trap that many people find themselves in as they commit their time and energy to others but never to themselves. The above practice is designed to help you to start undoing that pattern of unintentionally discounting yourself.

Ralph Marston said, *“The quality of your commitments will determine the course of your life.”* By following this practice, you will begin to become more committed to your happiness, your wants and your needs. You will start to create integrity with yourself.

## Questions to Consider

After practicing intention for 2-3 days, what have you learned about yourself and your desires?

---

---

---

---

# Discovering and Creating Joy



In addition to creating more intention, now is the time to start recognizing and creating more joy in your life. Too often we think that happiness and joy just happen; you either have it or you don't. But in fact, you have more influence over the joy you feel in your life than you realize.

It's never too early to have more joy in your life. Following are five ideas to help you to find and intentionally create more joy in your life.

1. **Pay attention to the little things that bring you joy.** Too often we don't note these moments and we don't even remember or connect to the moments of fleeting happiness. To pay attention, when you feel a spark of joy, take note. For example, perhaps you feel a moment of joy when you look at nature, see the sun coming through the windows, hear a child's laughter, reflect on a happy memory, or work on a personal project. At the end of your day or throughout the day, think about the moments where you felt glimmers of happiness. As you practice reflecting on these moments, you'll find they happen more frequently and you notice them more often, making it easy to pay attention to the things that bring you joy. (A daily tracker is provided at the end of the chapter to assist you in noticing more joy in your life.)
2. **Do things you love more often to connect to your heart energy.** We steal our joy by feeling guilty for "indulging" in activities that create joy, yet these are the very things that connect us to ourselves. By incorporating the things you love into your day, you will develop a daily practice of intentionally connecting to your heart energy.

# Questions to Consider

What do you currently love to do or what have loved to do in the past?

---

---

---

---

How can you find ways to include these activities in your week?

---

---

---

---

3. **Feel accomplished.** Feeling accomplished is a choice. Coach Dan Sullivan is known for reminding us to “measure the gain, not the gap”. To measure the gain, reflect on where you were and the progress you’ve made instead of always looking at the gap between where you are and where you want to be. To practice this, each day reflect on the things you accomplished that day, then allow yourself to feel accomplished.
4. **Savor joy.** When you notice something that brings a spark of joy, slow down and savor it. In the first suggestion you were reminded to pay attention to moments of joy because we often don’t notice these opportunities to feel happy. Now expand on this idea by savoring those moments. Pause a little longer in front of the sun-filled window, sit in the joy of hearing a child laugh, linger a little longer on the happy memory or smile at the love you feel. Noticing and slowing down and relishing in the moment of happiness will strengthen your joy muscle.
5. **Create more joy.** Noticing and savoring will allow you to know what creates joy for you so you can see more of it and create more of it in your environment, in your heart, in your activities.



**Start Here:** Write down one moment each day where you felt a moment of joy. A tracker is provided at the end of the chapter to assist you in this. By tracking moments of daily joy, you will train your brain to look for more opportunities to feel joy. Also, consider practicing the affirmation, “I am noticing more joy in my life today.”

LeAura Alderson said, “it is in the momentum of creating daily that we learn how to create more and how much more we can create.” To assist you in adopting these two powerful daily habits, we’ve provided tracking sheets for each. Combined each activity will take less than 3-10 minutes a day. Choose which habit you would like to start with first and then add the other a week to ten days later. As you incorporate these practices, you are creating more momentum and joy in your life through powerful intentions that create pull energy.

### **Suggested Build a Life After Loss Podcast Episodes:**

- Ep. 112 Reflective journaling
- Ep. 113 Living with intention
- Ep. 114 Creating joy
- Ep. 115 Connection for Real Results

---

## *Intention Tracker*

---

Ck	Date	Intention

---

## *Joy Tracker*

---

Date	Joy Moment