



**InspiredEnough**to**CHANGE?**<sup>™</sup>

TRANSFORMING YOUR STRESS INTO LOVE, JOY AND SUCCESS<sup>™</sup>

# Anger Journal of Mastery

**SOPAN GREENE M.A.**



**Inspired Enough to CHANGE?**<sup>™</sup>

TRANSFORMING YOUR STRESS INTO LOVE, JOY AND SUCCESS<sup>™</sup>

# Anger Journal of Mastery

This publication is designed to provide accurate information in regard to the subject matter covered. It is offered with the understanding that the author and publisher are not engaged in rendering medical or psychological service. This book is not intended to substitute for therapy or professional advice. Sopan Greene and Red To Greene, Inc. accept no responsibility for any liabilities resulting from decisions made by readers of this book.

# InspiredEnoughToCHANGE?™

## Anger Journal of Mastery

- 3** Welcome
- 5** What Makes You Angry in the Five Key Areas of Your Life?
- 10** Ideas to Help You Complete the Exercises
- 11** What Have You Done Today to Change in the Five Key Areas of Life?
- 16** Where Do You Want to be in 6 Months in the Five Key Areas of Life?
- 21** What Can You do This Week to Get Closer to Your 6 Month Goals?
- 26** Is This Working?
- 27** Empowering Yourself With Rewards
- 29** How Do You Feel Right Now in Each Key Area of Your Life?
- 34** Loving Yourself
- 35** The Anger Thermometer
- 36** Contact Information For More Support
- 37** About The Author

# Welcome

Welcome to the Inspired Enough To Change Anger Journal! This journal should be printed out and feel free to add any blank pages you need. I recommend you punch holes in these pages and keep all the pages together in a 3 ring binder. Make additional copies of the main pages that you'll need to re-use over time.

The purpose of this journal is to help you to harness your anger, stress and frustration in ways that help you to achieve abundance in the Five Key Areas of Your Life.

We're using a journal because something magical happens when you write. Your soul and mind are expressed through your body. Your sense of thought, touch and sight are all engaged and your soul is paying attention to you. I don't know why, but when you write things down they attract universal support to assist you.

I'm going to instruct you in exercises that can transform your life. The big question is whether or not they *will* transform your life. The question mark here is you.

Anything *can* be done. Few things *will* be done. Many of us have spent tons of money and time gathering knowledge. Few of us apply one tenth of what we know. I can show you what to do, but if you don't do it, nothing will change no matter how angry you are.

I'm a perfect example. The thoughts around Inspired Enough To Change have been with me for at least 5 or 10 years. When did I take action? After I hired a mentor who keeps me on track. Without his guidance and support this eBook would not have been written.

I could've done it on my own, but I wouldn't have taken action without this support. The fact is that I didn't do it on my own for many years while I sat around thinking about doing it.

Many people have shared similar experiences with me. The fact that I haven't done this before now is leading me to develop more mentoring tools and mentoring programs to help get other people off their butts. I moved from anger to abundance, just like you're about to do.

I needed a kick, and I bet you do too. We're going to get you into action so that you don't sit in your rocking chair when you're 80 years old and tell stories about what you woulda, shoulda, coulda done with your life.

**What do you need to take action on that you've been thinking about for years?**

**Have you been telling your friends about great ideas you have for years?**

**When are you are you going to get the ideas out of your head and into action?**

If not now, then when will you take action to make it happen? It's not going to happen on it's own.

I'll tell you when...right now! Let's get to it. Here's how the Anger Journal will work. I want you to pick a certain time of day to write down how you're feeling about your satisfaction in the 5 Key areas of life. When you wake up or before you go to bed is best. Schedule this time in your organizer.

This is an appointment with yourself so treat it like an important meeting that you absolutely can't miss. Aren't you the most important person in your life? You better be.

There are two sets of exercises we're going to do in this journal. The first is to use the following questions as a guideline. Answer them each day. You'll be surprised at how your priorities shift even from day to day. Write these questions this exercise each day. If every day is too much for you then start off by doing them once a week.

Even if you don't have a lot of time at least sit down and answer one question a day. Ideally you're going to do more than that, but if your time is tight it's more important to consistently take daily action that it is to take a lot of action every time you sit down to work on your journal.

Go on to the next page and lets get to the questions!











# Ideas to Help You Complete the Exercises

Did you get it all out of your system? If not, go back and add some more. This is your time to complain. (When has someone said that you before? Probably not anytime lately.)

I'm serious. The purpose of this is to get out all the issues that bug you. Let out anything that's festering or bubbling up in you. What's been repressed, shut down or ignored in you because it wasn't "appropriate" to express?

The point of this exercise is to help you to bring who you are to how you live. We aren't given permission or support in being authentic in the world very often. For example, haven't you ever had a boss you wanted to tell off? Did you do it? Most of us don't unless we don't care if we get fired.

Have you ever felt like your parents don't understand you or don't take you seriously? Have you ever felt like someone you were dating didn't listen deeply to what you what you wanted to share?

Write down what's ever come up for you at any time in your life when you felt invisible to other people. Some people feel like they're treated this way because they're too old, too fat, too unattractive, don't have enough money, whatever. We can feel invisible for a million different reasons. These reasons usually create sadness or fear which leads to anger. When we start to feel angry we have the leverage of power to change for the better and move on.

Go back to the last five pages and add anything else that you're angry about in any of the five key areas of your life.

































# Empowering Yourself With Rewards

This is meant to be a simple exercise. Just sit down and write down what you're feeling when you think about each of the Five Key Areas of Your Life. Being consistent is more important than taking a long time to do this. You want to create a daily habit of writing down what you feel.

If you only have time to answer one question a day, that's better than skipping a day. If you do skip a day, guess what, it means you're human. Everyone skips here and there, just don't beat yourself up about it or use it as an excuse to skip it again the next day.

Empower yourself to take any action, no matter how simple or small to master the Five Key Areas of Your Life. The main idea here is to consistently take action to move you toward attaining your goals.

I suggest that you also give yourself a little treat or prize for taking action. It may sound silly, but your inner self will respond to getting rewarded and you'll want to do more of these activities.

Not because you HAVE to, but because you'll WANT to. Make this fun, not another "have to" in your life.

Rewards are things like giving yourself some food you love, getting to do an activity you love or giving yourself permission to enjoy anything you consider to be a treat. I had a coaching client once that would dance to "I Feel Good" by James Brown after she accomplished steps towards her goals. She loved to dance and usually didn't make time to do it so this was a treat that pumped her up.

The real benefit to this was that she acknowledged completing a task that benefited her. This reflected her loving herself enough to do what she had to do to create the life she wanted.

We're used to focusing on what needs to be done. It's a big deal to acknowledge your accomplishments. Don't just complete them and move on to what else needs to be done. Recognize that you accomplish a lot each day, but if you don't acknowledge it for yourself, no one else will. You deserve to be recognized for the greatness that you create in your life.

When you do the journal exercises you're training yourself to pay attention to how angry or abundant you feel. By writing down what is coming up for you you'll develop patterns over time that you can notice.

For instance, by paying attention to the financial area of my life I now notice that my moods are directly affected by how much money I have. I let money swing me up and down like a yo-yo. This isn't helpful to me and I'm angry enough to change it. So I've developed goals that support me in using the anger to my advantage.

In my case, the Anger Journal has made me conscious of what I'm angry about, how it happens over and over again, and how I'm finally angry enough to change it.

We're going to move into the second set of exercises now. Let's look at the Five Key Areas of Your Life and make a note of how you're feeling right now at this instant. No answer is right or wrong. We're looking at what is true for you.

Take 3 deep breaths to clear your mind. I want you to feel calm and centered so you can listen to your heart. Move on to the next page and write down how you feel right now in each area of your life:











# Loving Yourself

Good work! I know that at first this takes a little time. I hope you're getting into it and having fun with it. Have you ever been so angry that you ended up cracking up with laughter? Anger is very close to laughter and we want this to be fun.

This isn't something you HAVE to do. Lets make it fun. Looking at your feelings doesn't have to be some heavy and serious thing. Besides, using anger to get what you want is fun. Power is fun. Creating abundance is fun. So have fun with this.

What you're doing is loving yourself. As you do these exercises you're showing yourself that you're worth taking time out for. You're paying attention to yourself and your life because you are important. Just as important as the other things in your life you invest your time in.

For instance, is it worth it for you to give up 10 minutes of television to do this? Add up a month of 10 minutes a day watching T.V. and what have you got? Lost time. Add up a month of 10 minutes a day doing these exercises and you know what you'll have? A deeper relationship with yourself, a better understanding of who you are, and the power to creatively change your life. Now, you tell me what's a better use of your valuable time?

That means creating new habits and that's not always easy because we're creatures of habit. As the title of this program implies, most of us don't change until we're angry or inspired enough to change. We sometimes need to feel enough pain or be upset enough with the results we're getting that we don't like to do a damn thing about it. That's reality. That's why this is called "Inspired Enough to Change."

# The Anger Thermometer

The purpose of this is to find out where your anger line is. You won't change as soon as you're angry. You'll have to move your way up through the levels of the anger thermometer to find your own personal boiling point.

Here are the stages of anger on the Anger Thermometer:



- 10.** I'm bursting with anger and I'm ready to take action to change
- 9.** I'm pretty friggin' upset
- 8.** I feel righteously indignant and I'm complaining to others
- 7.** I know I should do something about it
- 6.** I wish "they" would change how it is
- 5.** I wonder why someone doesn't change it
- 4.** I feel annoyed when I think about it
- 3.** I feel kind of bugged about it
- 2.** I notice that this isn't working
- 1.** I don't care

The difficulty with anger is that it usually builds slowly. A slow build doesn't have the power to change anything. It's like the story about the frog in the boiling pot of water. If you turn the heat up slowly the frog gets used to it and boils to death. But if you drop the frog into a boiling pot of water she jumps out immediately.

Why? If you were dropped into a boiling swimming pool would it be painful enough for you to get out as fast you possibly could? If you swam around in the water as the temperature was raised every few minutes would you get out as fast? No. Not a chance. No one would. Look at the world we live in. Most of us are slowly heating up and living with how uncomfortable it is until finally we'll die.

# Contact Information For More Support

For more information on how to use the Anger Thermometer you can get my free 3 part mini-course on “How To Get Inspired Enough To Change.” Just send a blank e-mail to [webmaster87-41205@autocontactor.com](mailto:webmaster87-41205@autocontactor.com).

You'll also receive 2 free eBooks: “The Inspired Enough To Change Quiz” and “Inspired Enough To Change: 8 True Stories About Real People.”

This Anger Journal is your first tool in finally getting Inspired Enough To Change. Your next step is to move on to your Fun And Goals Journal. The step after that is to continue using both journals consistently. This will keep you clear on what you want to change and how you're going to change it.

If you find you need more direction or support you can always e-mail me at: [sopan@inspiredenough.com](mailto:sopan@inspiredenough.com) or call me at 877-CHANGEX. I will personally answer any questions you have and support you in bringing who you are to how you live.

As you move forward in getting Inspired Enough To Change, I'd love to hear about your progress and experiences. If you feel like sharing your story please do so at: [www.inspiredenough.com/share.php](http://www.inspiredenough.com/share.php)

Congratulations on taking the first step to getting Inspired Enough To Change!  
Let me know how I can be of help in any way.

In Spirit and Support,



# About The Author

## **Sopan Greene, M.A.**

Author, Speaker, Change Champion™ and Coach


Sopan Greene has more than twenty years experience in contemplative psychology (honors the inner self), transpersonal psychology (honors the mind/body/spirit connection), metaphysics, personal growth, meditation, marketing and communications. These experiences have contributed to his deep listening skills, honest helpful feedback and wisdom.

His wide and varied career path began as an on-air personality and program director in the radio industry, followed by holding a number of key promotion and marketing positions for subsidiaries of major record labels including Universal Records and Warner Bros. Records.

He has consulted small business owners with internet marketing, and most recently is assisting people to discover and express their authentic selves while moving from immobility into effective action. He's lived a life of many changes.

Sopan has a Bachelor's degree in Contemplative Counseling Psychology and a Masters degree in Transpersonal Counseling Psychology from Naropa University. His volunteer work with Boulder County Mental Health Services in Boulder, Colorado and as a volunteer chaplain at Boulder Community Hospital further solidified this training.

From the onset, Sopan's approach has been to thoroughly understand the pressing psychological and spiritual issues concerning people. His reputation is growing as a teacher who is well loved and respected. Personal, compassionate, unpretentious, humorous, and inspiring; skilled at working with people ready for change.

These talents are reflected in the  [Champion Coaching™](#) program and the Inspired Enough to CHANGE?™ [Introductory Home Study Course](#). These programs are based on a simple yet effective system that transforms anger, frustration and stress into productivity and effective change. These programs are being established as leading edge programs that deliver results that are wanted and needed in today's challenging, frustrating and stressful times. You can learn more about these programs at [www.InspiredEnoughToChange.com](http://www.InspiredEnoughToChange.com).

© 2003 Red To Greene, Inc. All Rights Reserved.