My Healing Journal

Some people may find journaling about their health journey more helpful. We often live by our "story" that we have come to except and retell our story about our "state of health" often. For example, when we don't feel well, we seek a diagnosis (through self-diagnosis or medical professional diagnosis) all based on a set of symptoms that we are experiencing. Many find comfort in having an "answer / diagnosis" and then come to live our lives around this information. We forget that our body has its own innate ability to heal the symptoms. We tell ourselves and others this story over and over, therefore keeping it (our state of health) alive within us.

The EESystem rejuvenates and recharges at a cellular level and helps your body "remember" what it was created to do. "The power that created the body, heals the body" as Dr. Sandra Michaels says.

Journaling about your current state of health (physical, emotional, mental, behavioral, and spiritual) can be a very effective contribution in changing your health story. It allows you to take your power back and document progress over time with each new EESystem session. Our thoughts about our own health manifest physical reality, however, writing our thoughts down through journaling can speed up and intensify manifestation of healing.

You may wish to consider your own state of wellness prior to your first session in the Energy Enhancement System. Using the following questions can prompt your thinking about your health. It can help you to journal more easily and recognize progress when assessing your own health goals, symptom reduction, and assist in changing your health story.

- **What is your current state of health? How do you feel physically, emotionally, mentally, spiritually?**
- *What are your current health habits like? Diet? Exercise? Hydration? Supplements? Medications? Addictions?*

  Do you consume caffeine? Sugar? Artificial Sweeteners? Junk Foods? How often are they a part of your diet?

  How active are you? Regular exercise routines? Walks? Active with household chores / errands?

  How hydrated are you? Do you drink clean water throughout the day or other substances?

  Do you regularly take vitamins / probiotics / other supplements?

  What prescriptions are you taking and do they help?

  Do you struggle with any type of addictions?
- **Are you satisfied with your current health habits? Would you like to change any or add new ones?**
- *What is your current pain / inflammation levels like and where are they most prevelant? What do you do to manage them currently?*
- **How is the quality of your sleep? Do you get enough sleep? Do you feel rested upon waking? Do you need naps during the day?**
- *Do you experience any food allergies or sensitivities / intolerances?*
- **How is your mood typically? Do you feel happy most of the time? Angry? Sad? Unsatisfied? Stressed?**
- *What do you feel is / are your most prevalent health issue(s) to overcome? Do you believe you can overcome it / them?*
- **What are your hopes or primary goals for your time in the EESystem?**

What's your story? _____ date

Prior to your first EESystem session? Taking the above questions into consideration._____

What's your new story? How has your story changed?

Session Date: _____ Hours of Session _____

After first EESystem session? Has anything changed? Some changes come immediately, a few hours, or even a few days after your session. Keep this in mind. _____

What's your new story? How have you changed your story?

Session Date: _____ Hours of Session _____

Has anything changed? Some changes come immediately, a few hours, or even a few days after your session. Keep this in mind. _____

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