

# Major Players Journal

RADIANT  
POWERFUL  
YOU

ALANA C FOURNET, FDN-P



## Major Players Journal

Unacknowledged, the voices of the Major Players are a silent source of sabotage. As you practice each ritual, allow yourself space to check in with each of them. What do they have to say as you allow yourself to integrate these new ideas? Whatever their phrases, take some time to journal about what you notice and question each of their statements by asking, *"Is it true?"*

### Remember:

**The Judge** criticizes and condemns. Often uses the words: *should have, should not, can't, not good enough, you fool.*

**Critter Brain** fears change and will sabotage success as a means to hold you back. Often uses words like: *what could happen, what will be expected of me, I'm not sure this is a good idea.*

**Little You** throws tantrums, seeks comfort, craves connection, and typically needs more; she just may not know what "more" she needs. Often uses words like: *it's not fair, I don't have enough time, I just want to be loved.*



## Dream Part 1: Make Conscious the Major Players

Unacknowledged, the voices of the Major Players are a silent source of sabotage. Allow yourself space to check in with each of them. **What do they have to say about your dream?** Maybe the Judge says you're selfish for wanting such things. Or Critter Brain says "people like you" don't get to live a dream like that. Or Little You says you don't have enough support to get there. Whatever their phrases, take some time to journal about what you notice and question each of their statements by asking, "*Is it true?*"

[illegible]



## Dream Part 2: Make Conscious the Major Players

Unacknowledged, the voices of the Major Players are a silent source of sabotage. Allow yourself space to check in with each of them. **What do they have to say about the path you choose to achieve your goals or the notion of connection with your intuition as a guide?** Maybe the Judge says your intuition could never be right. Or Critter Brain says people will be upset if you start living with ease now. Or Little You says the guidance isn't clear enough to trust. Whatever their phrases, take some time to journal about what you notice and question each of their statements by asking, *"Is it true?"*

[illegible]



## Allow the Full Spectrum of Emotion: Make Conscious the Major Players

Unacknowledged, the voices of the Major Players are a silent source of sabotage. Allow yourself space to check in with each of them. **What do they have to say about your emotions and your commitment to accepting them?** Maybe the Judge says you're weak or ridiculous. Or Critter Brain says you might get stuck in emotion forever if you open up to them. Or Little You says it's just plain scary. Whatever their phrases, take some time to journal about what you notice and question each of their statements by asking, *"Is it true?"*

[illegible]



Unacknowledged, the voices of the Major Players are a silent source of sabotage. Allow yourself space to check in with each of them. **What do they have to say about Celebration?** Maybe the Judge says it won't really work. Or Critter Brain says "people like you" shouldn't feel so good. Or Little You says it's not fair you have to try so hard. Whatever their phrases, take some time to journal about what you notice and question each of their statements by asking, "*Is it true?*"

[illegible]



## Honor Your Body's Needs: Make Conscious the Major Players

Unacknowledged, the voices of the Major Players are a silent source of sabotage. Allow yourself space to check in with each of them. **What do they have to say about honoring your body's needs?** Maybe the Judge says you'll never put these ideas in place. Or Critter Brain says people might be uncomfortable if you follow through with these changes. Or Little You says you're too busy. Take some time to journal about what you notice and question each of their statements by asking, *"Is it true?"*

[illegible]