

I am
the hero
of my
own life.

A GUIDED JOURNAL BY BRIANNA WIEST



Brianna Wiest

thoughtcatalog.com/brianna-wiest

instagram.com/briannawiest

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The title of this book is an answer to Swami Chetanananda's *Will I Be the Hero of My Own Life?* It's not just a yes, but a how. Every important story we tell, every lesson learned, everything that has changed and shaped and opened us ultimately shows us one thing: that we are here to save ourselves. We are tasked to become the god we have been praying to, the love we have been waiting for, the partner we dreamed of marrying. We are not only required to do this; we are destined to. Our desires and our pain are a blueprint of what we are here to do. This is the revelation: You already have everything you want. You already are everything you aspire to be. Your fate is the opposite of your fears. This book is not about healing, it is about realizing you are already healed and watching everything fall into place on its own.

This is your life. You are the only one who decides how it goes. You are the only one who can give yourself the joy, the hope, the love, the money, the experiences, and the existence you crave. You are not stuck; you only think you are stuck. You are not broken; you only think you are broken. Healing is the process of remembering you are still okay and always were. This is your life. You are the only one who has to live it. Everything you judge, everything you see, everything you interpret, everything you fear is all a projection. This is your life. And if you want to change it, the first step is realizing that you've had the power all along. The first step is saying: *I am willing to see this change.*

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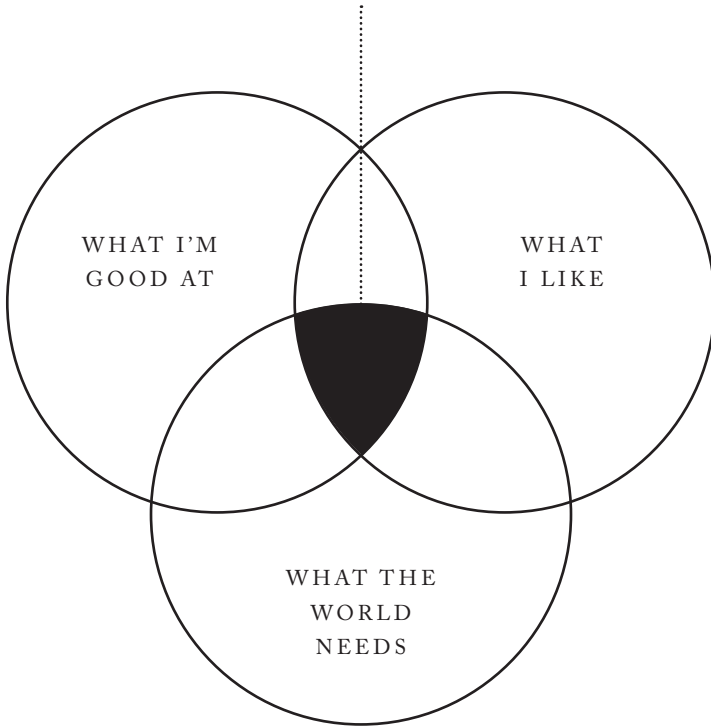
INTERSECTIONS

A Personal Venn Diagram

Complete the following three lists to explore what you like, what you are good at, and what the world needs. Then, consider how and where these three areas intersect or overlap.

PERSONAL VENN DIAGRAM: LIST 4

This Is Where
All Of These Intersect



Thank you, thank you, thank you for:

(uncomfortable feeling that keeps coming up)

I understand that I am becoming aware of it so that I can change the pattern in my life. Thank you, thank you, thank you for all of the things that have been going so well in my life, that have reminded me hope is still here. Thank you, thank you, thank you for all of the things that I wish were going better, that have reminded me I am meant to make them that way. In being grateful, I am no longer resisting it. When I no longer resist it, it no longer has a hold over me.

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LIST

If I had to leave tomorrow with only the belongings
I could fit into my car to retreat to a desert island
where nobody would hear from me again...

“Instead of worrying I am being tricked by a medicine you take once and then are magically healed by, I can consider that gardens require maintenance. Fallible human beings require maintenance. There is weeding and watering to be done every day, and there’s never a point where you are done working and your garden suddenly takes care of itself.”

—*Chrissy Stockton*

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DRAW AND EXAMINE

What are the things you dream of for your life?
Got them? Okay, now draw them in this space —————>

Now cross out anything that's physical.
Money, a better body, a new car or house or anything like that.

Is there anything left?
If so, what is it?
If not, why?

Stop trying to let go. Stop trying to push away. The sheer force of you trying to ignore something spotlights your attention on it. Stop standing in the ruins. Build the new city. What is the opposite of everything you fear and feel? What would stand in place of everything you're trying to "let go" of? Run to it. Become it. Think about nothing but it. Soon it will become you, too.

Thank you, thank you, thank you for the anxiety. Thank you for the loss. Thank you for everything I resisted and suppressed. Thank you for the shadows, thank you for the heaviness. Thank you, thank you, thank you. These things are not here to punish me; they are here to transform me. It only hurts when I don't understand their power and their purpose, and therefore, it is with fear that I punish myself.

“There’s an old saying in neuroscience: neurons that fire together wire together. This means the more you run a neuro-circuit in your brain, the stronger that circuit becomes. This is why, to quote another old saw, practice makes perfect. The more you practice piano, or speaking a language, or juggling, the stronger those circuits get. The ability to learn is about more than building and strengthening neural connections. For years this has been the focus for learning new things. But as it turns out, the ability to learn is about more than building and strengthening neural connections. Even more important is our ability to break down the old ones. It’s called “synaptic pruning.”

—*Judah Pollack*

Everything you have written in these pages, you already knew. Every time you read something that made you feel like everything was beautiful and all of the loose ends seemed to finally tie up in your mind—that was your soul talking. It was saying yes, I told you.

Your feelings are always valid; they are very often not real. You cannot bring chaos into your life by worrying. Worrying attracts more worrying, not more trauma. You can, however, rob yourself of your best years with the illusion that the worrying keeps you safe. It doesn't. We will be temporarily screwed at some points and end up okay in the end...whether we worry or not.

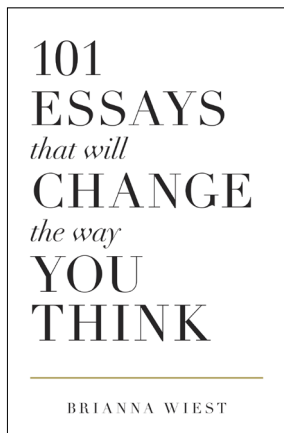
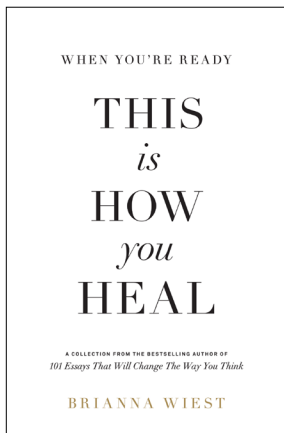
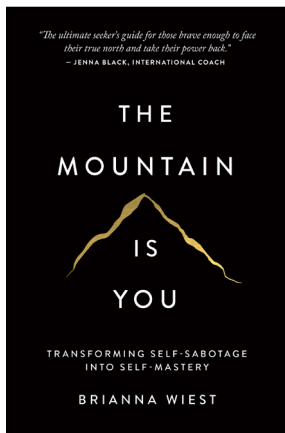
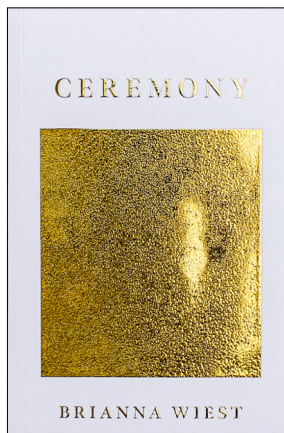
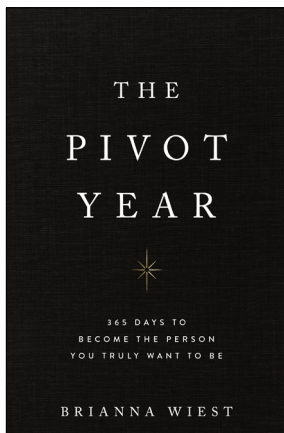
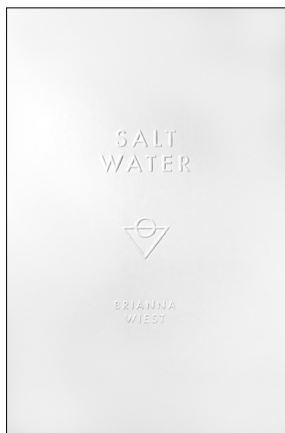
If someone says they don't want a relationship, believe them. If you do your best and work your hardest and don't get anywhere, try heading somewhere else. You don't have to work hard; your purpose will feel effortless.

It will require dedication, which should also feel pretty innate. Anything else you do to generate tension and chaos is a way to disconnect from yourself. Your ongoing problems aren't problems, they are loves. You can't let them go because they serve you in some way you don't consciously recognize. Figure out what need they are feeding, and they'll dissolve effortlessly.

Your whole life is an unfolding. It's not about finally getting to where you want to be but realizing you have always been there. It is realizing you are already the person you dream of, you already have the power you crave, the happiness that you've been waiting for has been in front of you the whole time, and the life you've dreamed of was accessible from the moment you conceived of it.

It was only you that was holding you back.

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This is
your life.

You are
responsible for it.

That which you sow
you shall also reap.

That which you
believe you shall
also live.

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