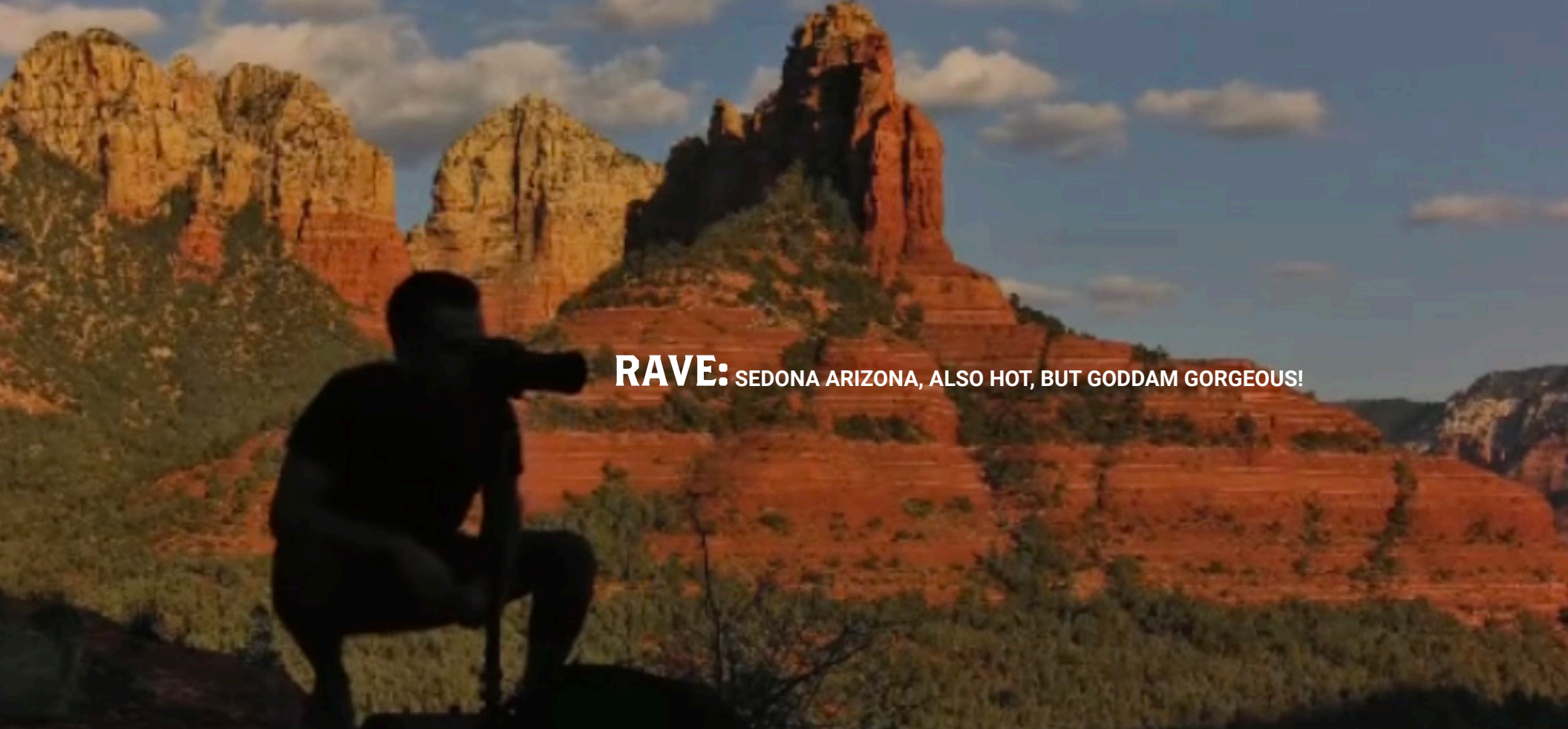


RANT AND RAVE

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RANT: JOSHUA TREE, CALIFORNIA: WAAAY TOO HOT, I'M OVER IT. ALSO, NOW I HATE THE #\$\$%! DESERT IN GENERAL



RAVE: SEDONA ARIZONA, ALSO HOT, BUT GODDAM GORGEOUS!

INTRODUCTION

Rant and Rave plays a few roles in my life and work. I've used it for journaling as well as building rapport and empathy with everyone from yoga practitioners to homicide detectives.

It's a great way to organize your thoughts and refine the ways you think and feel. It's also a great way to purge and organize your thoughts so you can have conversations with people instead of them sitting there while you vent or process.

We like to complain and focus on the negative. No bar or nightclub ever cleared out because two people were getting along in the parking lot so a good rant is always a great catalyst to start the writing process.

PRACTICE

LEVEL ONE 3 MINUTES



RANT

Set a timer for three minutes and find a point in your day that you can rant about.

Maybe something happened that annoyed you, or maybe you just want to let off some steam. Tune into your senses. Did you hear something? Couldn't get a moment of silence, or even hear yourself think? How was dinner? How was the service? The parking? How did your food taste? How did it feel?

Remember, focusing on the senses tunes you into the truth of your experience. This is your story and it can be exotic or mundane. Just make it personal.

That said, I can rant about brunch or K-pop for an infinite amount of time. Gross.



RAVE

Reset your timer and rave about something you love!

What are you stoked about? What inspires you? Did you hear some good music or kind words? Did you taste some good food? Go for a swim? Smell the sea?

Think of all the things that happened today. Then choose one and rave about it.

Once you've written your first set of Rant and Rave, the next level is to flip the script. Rave about what you were ranting about and rant about what you were raving about. This is good perspective and empathy training.

My most recent personal example for this is that Iron Maiden and Guns-N-Roses have both released new studio recordings this month. I can rave about both of those bands and how it's great that they're still making new music. I can also rant about how the music is boring crap and lacks any soul.

When I've worked this in rooms with people like cops or at-risk-youth, they've often been afraid to talk. It may have been shyness, or an actually unsafe environment, so I usually began by giving a quick on the spot cue. I'd say, "On three, what's one thing you could rant and complain about endlessly?" Then do the same with a rave.

The point is not to overthink it.

LEVEL TWO 3 MINUTES

Write each rant and rave on a separate page.

Do two rounds of Rant and Rave and two rounds of flipping your script.

- 3 minutes of rant
- 3 minutes of rave
- 3 minutes of flip your rant
- 3 minutes of flip your rave



LEVEL THREE 10 MINUTES

Commit to ten minutes and set a one-minute timer. Alternate from rant to rave each minute.

That's it!

Have fun with this and go to TheJournalJourneyCourse.com for the full program. In it I'll be covering more in-depth tools and exercises to get you on your way to a rich and rewarding journaling habit.

