



*"Become who you are and
you'll get what you want"*
- Naomi Janzen

3 SIMPLE STEPS

To Falling In Love
...With Yourself

by Naomi Janzen

Hi, and thanks for downloading what I hope will be for you the important piece in the puzzle of joyful change that it was for me.

First, a bit of backstory.

In 2011, after 25 years as a television writer-producer, the stress was finally getting to me. After decades in a career I was used to feeling blessed to have, I had become restless and unhappy.

It wasn't doing for me what it used to do. I wasn't feeling the joy.

In fact, what I was feeling was far from joy. For one thing, many of the perks of the job had disappeared. The money and prestige was just not there for writers in Australia, my new home, the way it had been in Hollywood. And the second half of my two part skill set, producing, was going to waste in a county where television writers were expected to stay at their desks!

But it was more than that. After years of priding myself on my ability to roll with the punches that came in the form of constant attacks on my creative output (aka "script notes"), I was well and truly sick of it.

I was beginning to question the value of having a well-developed lack of ownership in my work. I still understood that a TV writer had to bow to the whims and demands of production and that auteurism or "prima donna" behavior was the fastest way to kill your Hollywood career - but as I got older it wasn't okay that I had become extremely good at suppressing my own creative "voice" in service of whatever show I was on.

The final straw came when a last glimmer of hope, both financially and creatively, was brutally snuffed out. A show I had been working on getting on the air for over two years, a show I'd been instrumental in shaping to the point where it had my voice all over it, was unceremoniously cancelled at the eleventh hour. Right when all the hard work was about to translate into concrete rewards. It was devastating. I was devastated.

I didn't want to write FADE IN ever again.

In fact, I wanted badly to FADE OUT of my screenwriting career altogether.

Having no other means of support, and having a feature film assignment sitting on my desk waiting for the muse to return to me, meant this was a very BIG problem.

I can still remember the physical pain I experienced looking at the script outline on my desk. The overwhelming sensation of revulsion at just the thought of starting to write.

Luckily, I had already discovered EFT meridian tapping by that time, so I was able - after about 3 hourlong sessions - to remove enough resistance to be able to knuckle down and not only write but write something was proud to put my name on.

But when I handed that script in, I had the feeling (and so far I have been right) that it would be the last dramatic screenplay I would ever hand in. Or at least, the last I would hand in to someone with the power to slash it up with red ink!

I was far from feeling relieved, however. The whole "no other ascertainable means of support" thing was sort of getting in the way, as perhaps you can imagine.

In truth, I was paralysed with fear.

My mind numbly scrambled to sketch out alternatives: perhaps I could teach screenwriting? I really did love teaching.

I won't go into all the obstacles to that idea. Suffice to say there were enough to keep that idea from ever developing into an actual plan. Instead, I just wore a painful groove in my subcortical grey matter going back and forth from scared witless to "maybe I can teach" to realizing that wouldn't work to scared witless again.

It was during one of the scared witless bouts that I started tapping on myself and the fear. I'd been avoiding using EFT on this issue

because I unconsciously believed that my fear of financial ruin was keeping me SAFE from financial ruin.

If you're already familiar with EFT, you're smiling now. If not, take my word for it - the lack of sense something makes to our conscious mind has nothing to do with how passionately our unconscious mind believes it.

What I uncovered by tapping on my fear was extremely surprising. I uncovered the fact that I had been marinating in fear MY WHOLE LIFE. The reason this was so surprising was that I have never consciously FELT fearful.

Quite the opposite. I considered myself a very brave person. I'd taken huge risks in my life - risks that had required courage and conviction. I was also not someone you'd ever call "a shrinking violet". I was an independent, confident Aries female with a history of bold solo relocations - from Vancouver to Hollywood to Australia - not some meek wallflower jumping at the slightest noise.

Yet it was true. In the deepest sense, I'd lived my whole life in - and made all those bold moves out of - a desperate need to ensure my physical survival.

WOW. No wonder I was so good at subjugating my creative expression in the name of professionalism!

And a hundred other "no wonder!"s

Now what?

So, there I was, sitting in shock, having made a discovery as startling to myself as the discovery of water is to a deep ocean fish (who has never had anything that *wasn't* water to compare it to), wondering what the hell to do next.

I had just realized that every decision, every life move, that I had ever made had been influenced and possibly inspired by this fear. And what this meant was:

I had no idea who I really was.

That's when this simple process I am about to share with you came to me.

Perhaps it was the reawakening of my creative soul. Perhaps it was my angels answering an unspoken prayer. You are free to have your own opinion or guess as to which it was. All I know is it provided guidance for the first tentative, trembling steps on the path that I now walk joyfully.

Do not underestimate the power of this process, though its simplicity might tempt you to.

Afterall, your email address is all you paid for it and that you can take back in an instant by clicking the unsubscribe link at the bottom of the email that delivered this pdf to you! (Though I hope you won't :-)

Give this process a chance and I believe you will discover the same thing I did. Your true self.

And then, when you do, you will fall in love, as I did, with who that person is. That wonderful, long lost and yet achingly familiar person that you missed so much - and didn't even know it.

I call this process "What you love - is who you are" and I offer it with love.

Enjoy!

STEP 1.

You are going to make a list. It can take hours, days or weeks. Only you can determine how much time you need and it's nobody's business but your own.

So, pick a medium: Computer? Journal? Ruled notepad plus favorite pen?

As long as...

- it's private
- you can return to it and pick up where you left off whenever you need to
- and it doesn't get in the way of daydreaming

...then it's perfect.

So find your medium now and get set up and ready to begin.

STEP 2.

You are going to make a list of EVERYTHING that you truly LOVE doing or experiencing, in as much detail as possible. In the kind of detail you'd use if trying to get another person to understand the feeling of doing or experiencing them.

So, as a guide, not: "Skydiving" but "That feeling when you're all heavy with your pack and the wind hits your face and you think this might be the last jump but you step out of the plane anyway and then - WOW - that rush of freedom"

See what I mean?

There are THREE RULES:

- 1) *You can only list things that make you feel a bit swoony, peaceful, happy or joyful when you imagine doing them.*
- 2) *You have to list them in the order you think of them. No putting "helping old ladies accross the street" above "eating freshly baked jam cookies while standing over the sink at midnight".*
- 3) *NOTHING on this list can be something you are SUPPOSED to love, or wish you loved...but don't.*

As I said, take all the time you need. Sometimes you'll think of seven in one sitting, sometimes only one will occur to you every few days. When I did this exercise, it took three days. But I didn't do much else.

And don't be afraid to list things feel shy about admitting, either! That's why Step one involves making sure your list is 100% private. Intimacy requires honesty and privacy - and you are about to get very intimate with yourself.

Begin now.

STEP 3.

When your list is finished, it's time to review it.

Print it out if you did it on your computer. I want you to have it in your hands. And don't worry if you have to start Step 3 over a few times because you keep thinking of more loves to add.

Eventually, you will be finished and not a moment too late.

When you are, go somewhere comfortable and make sure you have at least an hour to spend.

Maybe for you it's a picnic blanket in the park. Maybe it's your bedroom, surrounded by pillows. Maybe it's on your back on the livingroom floor. Maybe it's at the kitchen counter on a stool or in a cafe. Just make sure you can't be interrupted.

Now. Read.

Take your time. Read through once, then twice, then three times. Study it. Notice things about it.

For example, I noticed when I did mine that about 80% of the things on my list were things I'd always thought of as "procrastinations" and the guilty pleasures one indulges in when one should be working on their script that's due!

What do you notice about yours?

Is there a theme?

I noticed I liked laughing. Making people laugh and being made to laugh. Being goofy and silly. Having those times when you laugh so much your stomach hurts and it stops being fun.

Reread.

Again and again.

Read it as a casual observer. Then read it deeply, vicariously experiencing the joy of each item one by one as you alight on it.

Read it until all the shame is gone. Read it until all the judgement is gone.

I had on my list that I loved spending time sorting through recipes in an old file and typing them into a recipe app on my computer, even though I hardly ever used the app. Waste of time or mindfulness practice? My opinion changed as I reread it and allowed myself to feel the peace that activity gave me.

Your goal is to see yourself as you have never seen yourself before.

As a unique human being whose list is entirely and only theirs. No one else has the same list and if they did, it wouldn't be in the same order.

Your goal is to get a good look at who you are when you are made of happiness and love, free of fear and self doubt.

If you're like me, it will be a view you've never had before. Your only goal: to enjoy the view.

After this initial visit, return to your list as often as you like.

You don't have to do anything else, really. Just doing it once will begin to rewrite your unconscious mind as it recognizes itself and becomes drawn to fulfill itself.

Psychologists agree that one of the strongest human drives, if not the strongest that we have, is the drive to remain *who we are*.

What this process does is put you back on track with who you are, once you discover the love that you have for yourself.

I call it "3 Simple Steps To Falling In Love...With Yourself" because that's what happened to me.

It literally felt like falling in love. It was a me I'd never seen before. I'd experienced her in slivers but not as a total being, free of encumbrances to joy and self expression.

The first and most immediate result: I became for the first time in my life -- very protective of myself!

As odd as this sounds, it wasn't out of fear - it was out of love.

Instead of seeking romantic love to make me feel complete, I became wary of the potential for romantic love to interfere with this gorgeous new relationship I'd discovered between me and my Self. That made me the opposite of desperate. It made me selective! I stopped having relationships that were fraught with drama, in which I was constantly feeling unloved.

That ALONE was worth the time and energy I'd put into this process.

There were many other benefits as well, from career to friendship, that I can trace directly back to it.

What will yours be?

As a side note, a few of my coaching clients have had trouble doing this exercise due to, for example, things like worthiness issues. Part of them felt they didn't deserve to experience love.

Since they were working with me, I was able to get them using EFT tapping on the issues that were blocking them and this enabled them to proceed joyfully.

If *you* have trouble getting in touch with what you love, you can of course contact me for private coaching but you can also try tapping on your own.

Simply go to www.eftuniverse.com to download the free EFT Mini Manual and get started right away. Just tap on the resistance, the doubts, the obstacles to feeling into what you love.

Well, I hope you found this process helpful and that it shows you the truth of who you are...

...because that's the first step in claiming a life you love.

If you feel to let me know what you experienced doing this exercise, I would LOVE to hear all about it! Write to me at naomi@ozfreedomtechniques.com or leave a post in the comments on my website at www.naomijanzen.net

Thank you again

for giving me the chance to help you on your healing journey.

Highest and best,



Naomi Janzen

Certified EFT [Expert Practitioner and Trainer](#)

Creator of [Remindfulness](#)

Co-host at [One Mind Live](#)

www.naomijanzen.net