Twitter Thread by ■ tracy winchell

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@tracyplaces

Years ago anxiety had a fierce hold on me. I raged at people I loved most. Couldn't make a decision because I was afraid every decision would be devastating.

A LOT of things needed to change in my life and I was grasping at everything. Medical care, mental health care, spiritual counseling.

Make no mistake, I needed ALL those things and at some point I will need those things again.

But it took journaling to bring all those elements together -- so I could take daily action and measure results over time.

One of my most important journaling tools? Completing a thing called the HEART Check every weekday -- as taught by John Baker of Saddleback Church.

I teach the HEART Check method in my #RoamanJournals course.
https://t.co/pRDHTgIeBg

My dear and beautiful friend @elaptics took the time to build me a @RoamResearch automation and to test it for a bit.



In this edition of Inside Roaman Journals, Andy shows us his HEART Check setup -- and nearly brings me to ■ as he explains why the technique works. https://t.co/mOj9BNyVZi

If you want to read the newsletter edition introducing this conversation, grab the link below -- it's got a timestamp summary.
https://t.co/bT1VRczV8i

Thank you, Andy. I'm so glad @RoamResearch connected us.