



RE:HUMAN

A Transformative Guided Journaling Program

Most self-improvement resources focus on tactics, not transformation.

You're told to optimize your habits, improve your communication, and follow specific strategies to get better results. And while those things are useful, they don't change how you think, relate, or understand the world.

Transformative psychological growth requires something different. It requires rethinking the subconscious patterns that shape your perception. It requires building certain skills and character traits. It requires developing a new relationship with yourself and others.

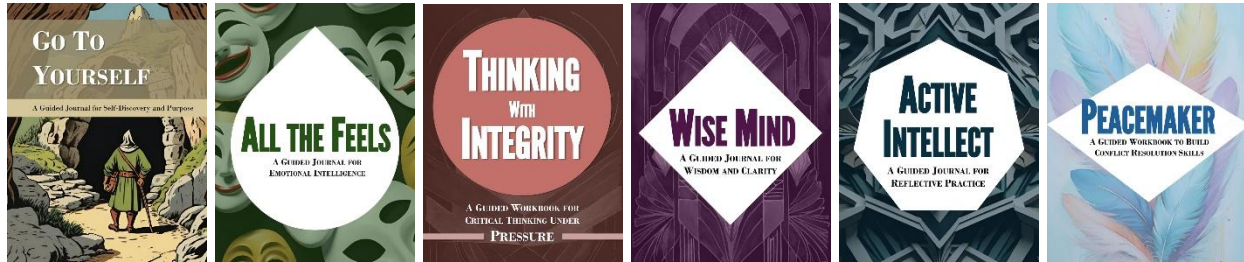
After ten years of working as a coach, educator, and psychology researcher, I discovered that humans are capable of tremendous psychological growth. I also realized that our education system isn't giving people the skills they need to access that growth. Even many therapists and coaches remain unaware of the truth of human potential.

To address these issues, I created the *Re:Human* guided journaling program to make transformative growth accessible. By completing a series of six guided journals, you'll be able to build new skills, develop sophisticated perspectives, and become a deeper and more authentic version of yourself.

"This journal made me think in ways that I didn't even know were possible."

"This journal was helpful and enjoyable. It helped put things into perspective for me and achieve clear thinking. It's like therapy."

WHAT THE JOURNALS DO



Each journal in *Re:Human* has been designed according to the latest research in developmental psychology, and contains some of the best tools available within the therapy and coaching industries. By completing these six journals, you will be developing the psychological capabilities you need to evolve into the highest version of yourself.

- **Go To Yourself:** Self-Discovery, Purpose, Goal-Setting
- **All The Feels:** Emotional Awareness, Emotional Regulation
- **Thinking With Integrity:** Critical Thinking, Virtue, Empathy, Growth Mindset
- **Wise Mind:** Wisdom, Discernment, Virtue
- **Active Intellect:** Growth Mindset, Continuous Improvement, Personal Reflection
- **Peacemaker:** Conflict Resolution Skills, Empathy

HOW MUCH DOES RE:HUMAN COST?

All of the journals are available on Amazon for \$19.99 USD (\$24.99 CAD) each. All together, they cost about as much as one therapy session – and deliver the kind of impact you would usually have to pay thousands of dollars for.

HOW LONG DOES IT TAKE?

Assuming you only have a couple of spare hours per week, each journal would take about a month to complete. If you treat the *Re:Human* program like a night school course, you'd be able to complete all the journals in about 4-6 months.

WHERE CAN I BUY THE JOURNALS?

All the journals are available on Amazon as printed paperbacks.

- **Go To Yourself:** <https://www.amazon.com/dp/B0GJT25C25>
- **All The Feels:** <https://www.amazon.com/dp/B0GT7QC1CK>
- **Thinking With Integrity:** <https://www.amazon.com/dp/B0GKW6CMGY>
- **Wise Mind:** <https://www.amazon.com/dp/B0GLGM8515>
- **Active Intellect:** <https://www.amazon.com/dp/B0GQFX2XTZ>
- **Peacemaker:** <https://www.amazon.com/dp/B0GQQ9Q9KQ>

SUGGESTED SCHEDULE

If you have a busy schedule and you're not sure that you have time to complete the journals, I've prepared a schedule to help keep you on track. By completing one or two sections per week, you'll be able to completely transform yourself within a few months. Think of it as a night school course!

BOOK	SECTION	WEEK
GO TO YOURSELF	Part 1: Warm-Up	Week 1
	Part 2: Inner Child	Week 1
	Part 3: Passions	Week 2
	Part 4: Strengths	Week 2
	Part 5: Values	Week 3
	Part 6: Synthesis	Week 4
	Part 7: Purpose	Week 4
	Part 8: Action	Week 5
ALL THE FEELS	Part 1: Warm-Up	Week 6
	Part 2: General Awareness	Week 6
	Part 3: Positive Emotions	Week 7
	Part 4: Negative Emotions	Week 8
	Part 5: Hidden Emotions	Week 9
	Part 6: Titration	Week 10
THINKING WITH INTEGRITY	Part 1: Warm-Up	Week 11
	Part 2: Reflecting on the Past	Week 12
	Part 3: Intellectual Virtues	Week 13
	Part 4: Psychological Defenses	Week 14
	Part 5: Identity	Week 15
	Part 6: Final Reflections	Week 16
WISE MIND	Part 1: Warm-Up	Week 17
	Part 2: Awareness	Week 17
	Part 3: Wisdom	Week 18
	Part 4: Contradictions	Week 19
	Part 5: Simplicity	Week 20
	Part 6: Synthesis	Week 21
ACTIVE INTELLECT	Part 1: Warm-Up	Week 22
	Part 2: Reflective Practice	Week 22
PEACEMAKER	Part 1: Warm-Up	Week 23
	Part 2: Emotional Awareness	Week 23
	Part 3: Delivering Feedback	Week 24
	Part 4: Setting Boundaries	Week 25
	Part 5: Asking Questions	Week 26
	Part 6: Fear and Shame	Week 27