



Daily Journaling

Daily Journaling is something you should do every day for the rest of your life.

This will set up your day and your mood day to day powerfully and help you stay present to your wants, desires, feelings, and build up your relationship to yourself which is vital to your staying happy and present, awake, alert, and alive!

Each day journal:

1. Fear thoughts—what am I scared of, anxious about, afraid is going to happen, sad about?
For example, I am feeling scared that I am failing, that I am falling behind, that I am gaining weight and I will never be happy again, etc.
2. Gratitude (at least 3 things you're grateful for)
3. "I am" statements: For example: I am brave, I am bold, I am beautiful."
4. I pray for...(at least 1 thing)
5. Brags-What are some things you can brag about for why you are so awesome?

6. Forgivenesses: For example: "I forgive myself for not eating perfectly yesterday, the truth is, I am a human being and I am always learning and am also sad and stressed out." "I forgive myself for not being clear about my current path."
7. 3 Desires you have today: For example: I desire to have a nice cup of coffee, I desire to take a nap, I desire to get everything on my to do list done.

Let this become a habit—it feels so good!

You can also invite a friend or partner to do this activity with you every day or at the end of the night. Enjoy!