

HOW TO USE THIS DAILY MINDSET JOURNAL TEMPLATE

Getting into the habit of journaling each day can be a magical exercise for our mental health and productivity. Connecting with our inner thoughts and feelings helps align our souls and establishes our mindset for the rest of the day. Many people enjoy journaling with their morning cup of coffee or early in the morning before the rest of the family gets up. The more you journal the easier it gets and the benefits will become more apparent. You will figure out what time of day works best for you and in what setting. Do not worry about the content or punctuation of your writing. The only thing that matters is that you are writing from the heart.

- **Gratitude:** Focusing on what you are grateful for shifts your attention away from stress and to-do lists and instead reminds you of all the good there is in your life. This simple daily task can have a bountiful impact on your mood and help decrease anxiety.
- **Set your intentions for the day:** Be proactive and write out a short list of how you're going to make today a good one. There are many things outside of your control but focusing on what you CAN control will bring you a sense of stability and structure. Writing out your intentions gives them a concrete place in the universe and you are more likely to follow through.
- **Daily Affirmation:** We all have those lies stored within our heads that tell us we aren't good enough. It's time for you to let go of those limiting beliefs and affirm the great that you really are. Give yourself a daily affirmation and remind yourself all day long. Are you feeling insecure? Affirm that you ARE confident and strong. Feeling anxious? Affirm that you ARE calm and safe. You have the power to create your own reality. Decide what kind of person you want to be and own it.
- **Thoughts and Feelings:** This section is for you to write anything you want. It's an open palletete for you to paint whatever thoughts, concerns, feelings, poems or statements you have inside your head. Don't hold back! Write what your soul tells you to.

STARTING OFF ON THE "WRITE" FOOT

Daily Mindset Journal

Name:

Date:

Time:

Today, I feel...

Three things I am grateful for...

What will I do to make today great?

My daily affirmation for today:

I AM _____ because....

Thoughts and Feelings: