

SELF-habit change 7 day Journal

Daily Journal Task:

1. Write down 3 things you are grateful for that happened today, including any small wins.
2. Reflect on future achievements as if they are already accomplished. Express gratitude for those achievements and detail the specific actions taken to attain them.
3. Handwrite this journal entry for 15 minutes both before and after sleeping, as the subconscious is most receptive to information during these times.
4. Start with tomorrow is going to be a great day, and in the morning also start with today is going to be a great day.

Ensure that you highlight the great choices made and the rewards resulting from them in your journal. Emphasize small wins to stimulate the amygdala (prefrontal cortex) to seek more reasons to make similar decisions regularly. Craft your entries to create an emotional memory that strengthens self-value and beliefs.

Try to keep your entries to the page size provided.

Mondays Journal

Three things that happened today that you are grateful for.

1/

2/

3/

Reflect upon future achievements.

Tuesdays Journal

Three things that happened today that you are grateful for.

1/

2/

3/

Reflect upon future achievements.

Wednesdays Journal

Three things that happened today that you are grateful for.

1/

2/

3/

Reflect upon future achievements.

Thursdays Journal

Three things that happened today that you are grateful for.

1/

2/

3/

Reflect upon future achievements.

Fridays Journal

Three things that happened today that you are grateful for.

1/

2/

3/

Reflect upon future achievements.

Saturdays Journal

Three things that happened today that you are grateful for.

1/

2/

3/

Reflect upon future achievements.

Sundays Journal

Three things that happened today that you are grateful for.

1/

2/

3/

Reflect upon future achievements.