

Positive Focus Journal

Success is not a destination; it's a journey. That journey takes energy and a positive attitude. You can improve your outlook by journaling daily, using this positive guide to success.

Self-acceptance: What do I like about myself today?

Usefulness: What have I accomplished today?

Courage: What risks have I taken today?

Creativity: What new ideas have I had today?

Enjoyment: How have I had fun today?

Self-disclosure: Have I shared something personal with a trusted person today?

Self-discipline: How have I managed my behavior, time, or thoughts today?

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The positive focus Journal was instrumental in improving self-esteem in a study of 22 college students who used it for 8 weeks. The more pages a student wrote, the more positive the effect. Those who used the journal to process problems and explore solutions made greater increases in self-esteem than those who simply listed their successes.

People who have difficulty writing, may benefit from reviewing the questions daily -- alone, or with significant others.

Try using this as a guide for family conversation at the dinner table.

About the Author:



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- * Marriage & Relationship problems
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