APPRECIATION

Positive
X-Ploration

GUIDE

About Me

Hello! I'm Christie.

Congratulations on starting a new journey!

I have been a journalist, a community theater performer and a human resources professional.

For the last few years, I have been working on creating a life I enjoy and love. Little by little, I have been able to leave behind things that are not for me and not what I want in my life. I have managed to find a job that I enjoy while also being surrounded by people I enjoy.

I am also enjoying my personal time more, too, with writing and creating videos. These things are important creative outlets for me as they contribute to my improved outlook on my life. It all goes together. Making one positive change will lead to another positive change and so on.

I have seen this in my own life and I want to pass this on to other people. I want to encourage people to make life improvements. No, it doesn't have to be "go big or go home!" Changing your life for the better can be done with a "slow and steady wins the race" attitude. Taking a small step will get you further than doing nothing because you are overwhelmed.

I'm excited to begin a new journey with Positive X-Ploration, a personal project that aims to help people explore and make positive changes in their lives.

I'm a firm believer in how crucial it is to prioritize your well-being as you strive to make your goals. If you dread it, drop it. My decade-plus in HR and working closely with people cemented the importance of this to me. I have seen too many people live in misery because they have decided it's too late or they are "stuck." You are not stuck! Start moving, keep moving, and don't give up! You can make it to the life you want!

Sincerely,

Christie Dillmon

What is Positive X-Ploration?

Mission

My mission is to share ways to start living the life you want right now. Yes, you can start right now by exploring ways to make positive changes in your life little by little, day by day.

Purpose

My purpose is to share my personal exploration and the difference it has made in my own life improvement.

As we get older, we tend to get more cynical and jaded. We don't tend to believe that we can ever really have a life that we can truly enjoy. There are too many responsibilities, not enough time, and little extra money to chase some dream.

Yes, it's tough, but not impossible. You can do it! You can do something to make a change, even if it is small. Small changes are better than big ones all at once, anyway, because they are more manageable. Small changes are also better than no changes. Keeping your dreams alive, keeps you alive!

Positive X-Ploration

How to Use This Journal

The main purpose of this journal is to help you focus on gratitude. Years ago, I was struggling with a major thing in my life. During the slow healing process, I found that appreciating the good things in my life caused a major shift in me. Focusing more on things that were going well and having gratitude for what I did have, enabled me to not make everything about the bad things that had happened.

When something bad happens in our lives, it is natural to put all of our focus on that thing. We try to do things to get rid of it or at least get rid of the bad feelings we are having. Unfortunately, when our minds are only focusing on the bad and we are doing things to not feel bad, it usually leads us down a road that is not healthy. And I think it also takes longer to heal.

This journal asks you to find things to be grateful for in your life. It asks you to look at other things besides the hurtful things. In this journal, you will focus on things that you like about yourself, your life, and the good things that are happening.

This is not to say that you should just ignore the hurtful things going on. Those things must be faced and worked through. But this journal asks you to see that good things are going on at the same time. Appreciating the good during bad times helps you to realize there is a multitude of things that are important in your life, not just the one thing that is not going well.

This guide includes a weekly planner, a section to list what you are grateful for as well as journaling pages. This guide is designed for your to use at least once a week. If you run out of pages, you may download this guide as many times as needed. It's free!

WEEKLY PLANNER

WEEK OF _____

Monday	Tuesday
Wednesday	Thursday
Friday	Saturday
Sunday	TOP PRIORITIES

GRATITUDE

DATE: _____

TODAY I'M GRATEFUL FOR

- _____
- _____
- _____

THINGS THAT MADE ME SMILE

- _____
- _____
- _____

SOMETHING I'M PROUD OF

- _____
- _____
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TOMORROW I LOOK FORWARD TO

- _____
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