

# DAILY SHIFT JOURNAL

Journaling can be highly effective in reducing stress and anxiety and improving one's sense of self awareness and purpose. Try to complete at least five minutes of journaling daily. Start with three things that went well today and two things you are truly and effortlessly grateful for today. Then use the additional journaling prompts.

*Happiness is not something you postpone for the future; it is something you design for the present. -Jim Rohn*

## What Went Well Today?

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O \_\_\_\_\_

O \_\_\_\_\_

## Two Things I am grateful for today

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O \_\_\_\_\_

## Something I did today to shift my thoughts or emotions

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O \_\_\_\_\_

## Two things I would like to do tomorrow to move me closer to my goals.

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O \_\_\_\_\_

## Two people I connected with today and how this made me feel.

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O \_\_\_\_\_