

JOURNAL

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Day:

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Process: print this page two sided. 1-Review goals from the day prior and feel the sense of accomplishment for those that you can "check off" and even those that you attempted. Feel the sense of forgiveness for any that you did not accomplish. 2-Think about your day and fill out the "Purge" (back of page). 3-Think about your day and fill out the "Thank" (front of page) 4-Think about tomorrow and fill out the "Move forward"

THANK I give thanks for these things...awesome, fun, pretty, cool, wondrous, pleasantly surprising, lovely, inspiring, heartwarming, beautiful, healing, calming, exciting, loving, funny, or other just plain good...and I feel a deep sense of gratitude for them.

MOVE FORWARD: I know it is important to care for myself in all ways—physical (activity-flexibility, strength, aerobic capacity; nutrition, hydration), emotional (relaxation, calm, fun, laughter), intellectual (study, exploration), creative (art, music, dance), spiritual (prayer, meditation), service (volunteerism, support). Tomorrow I will nourish myself in these ways and feel the sense of accomplishment with each small doable action:

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PURGE: Today I leave these things in the past...disappointment, negativity, grudges, annoyances, irritation, sadness, longing, anger, hostility, jealousy, anxiety, worry, guilt or other just plain yuckiness...and I feel a sense of release and freedom from these feelings and happenings.