

BOOK *journal sheets* BONUSES



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DAILY JOURNAL SHEETS: A COMPANION FOR YOUR JOURNEY

Take a few minutes every day to recall, and reflect on your day, and make a note of any insights or observations. This way, you'll be able to look back at some point in the future and recognize how far you've come. Otherwise, it can be easy to not notice it at all.

Remember, our minds are programmed to notice difference, and when changes occur gradually, they can be easy to miss, because the mind doesn't always notice small differences. But just a tiny change can make a big difference over time.

Use these journal sheets to help bring daily awareness to your internal filters/programs. Notice your feelings (signposts), and thoughts - especially those automatic ones. Then see if you can uncover the meanings that you're associating with your daily events by default, and consciously decide whether it's something you want to change or keep.

There are 3 different journal sheets: (1) Daily Reflections - use this every day; (2) Daily Journal (Wild & Free Writing) - use this as often as you can, preferably everyday, especially at the start of your journey; (3) Processing Automatic Reactions - use this as needed.

Your entries can be as short or as long as works for you. I tend to be on the more concise side :)

Happy journaling!

Serena



DAILY REFLECTIONS

Date:

M/T/W/T/F/S/S

HOW DID YOUR DAY GO?

WHAT COMPLIMENTS OR POSITIVE FEEDBACK DID YOU RECEIVE TODAY?
WHAT ARE YOU PROUD OF TODAY?

WHAT FUN THING DID YOU DO TODAY?

WHAT 3 THINGS CAN YOU APPRECIATE TODAY?

WHAT'S ONE THING YOU CAN DO TOMORROW TO FURTHER LET GO OF OLD
CONDITIONING AND DEFAULT THINKING?

DAILY JOURNAL

WILD & FREE WRITING



PROCESSING AUTOMATIC REACTIONS

INSTRUCTIONS: This is the same exercise as Bringing Awareness to Your Filters, that you can use on a daily basis, as needed.

QUESTION #1: WHAT HAPPENED?

QUESTION #2: HOW DID YOU REACT? WHAT FEELINGS/BEHAVIORS DID IT TRIGGER?

QUESTION #3: WHAT MEANING HAVE YOU ASSOCIATED WITH IT AT SOME LEVEL? WHAT CONCLUSION DID YOU MAKE ABOUT THE EVENT?

QUESTION #4: WHY MIGHT THAT MEANING OR THOUGHT BE TRUE?

QUESTION #5: WHY MIGHT THAT MEANING OR THOUGHT BE FALSE?

QUESTION #6: WHAT ONE KEY INSIGHT ARE YOU NOW TAKING AWAY?



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