



A Not-So-Secret Journal to remind yourself how freakin' amazing you are!

Scream it from the rooftops!

Don't forget it!

Side Effects:

- EXPLODE with love and happiness!!!
- Extreme laughter
- Mouth soreness from smiling attacks.

Caution: Your friends might get annoyed with your extreme happiness. You'll probably need to secretly slip them their own journal.

AMAZING & WONDERFUL GIFTS THAT I EMBODY

I left room for 10 so you can add to it, but at least start with 5.

Print this out & hang this up.

If you think of more than 10 - print out another copy!

Look at it every day so you're reminded of your awesomeness.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Some examples to get you started:

- * You're an amazing listener.
- * You're great at saving money.
- * You make friends easily.
- * You are an artist.
- * You have a beautiful singing voice.
- * You're able to inspire people.
- * You're so funny & you're able to instantly make people laugh.

MORNING HAPPINESS QUESTIONS

Don't let yourself get in a rut where you can't pull yourself out of bed. Listen to your rhythm. When you open your eyes, get out of bed and start your day. If you stay in bed too long, you'll create lethargy, and you'll end up frustrated at yourself.

Once you roll out of bed, grab your journal and answer these questions. They'll be sure to create happiness and give you motivation and encouragement about the day.

1. WHAT AM I EXCITED ABOUT TODAY?

2. WHAT IS ONE GOAL I AM WORKING ON?

3. WHAT IS THE ONE THING I CAN DO TODAY FOR MY OWN MENTAL HEALTH OR WELL BEING.

4. HOW CAN I ENCOURAGE AND MOTIVATE MYSELF TODAY?

5. WHAT'S ONE THING I CAN DO TODAY TO MAKE A POSITIVE DIFFERENCE IN THE LIVES AROUND ME?

NIGHT GRATITUDE QUESTIONS

Most of the night questions have to do with gratitude. Gratitude is a great way to close the day. If you're feeling helpless or lost, showing gratitude has been known to boost happiness, success, health, and friendship.

1. WHAT IS ONE THING THAT HAPPENED TODAY THAT I AM GRATEFUL FOR:

2. WHAT IS SOMETHING PHYSICAL/MATERIAL THAT I AM GRATEFUL FOR, AND WHY.

(Mention something that you probably take for granted... clean water, hot showers, eyesight, a car that works).

3. WHO IS A PERSON I AM GRATEFUL FOR IN MY LIFE AND WHY? *(This could be a parent, friend, or even someone that you haven't met. It could be someone famous that inspires you.)*

4. WHAT DID I DO TODAY TO MAKE A DIFFERENCE IN THE LIFE OF ANOTHER?

DAILY REFLECTION:

Journaling daily will help you become aware of your thought patterns. You'll notice what makes you happy, sad, obsessed, etc.

You'll be able to see results in your patterns and happiness after journaling over a period of time.

HERE ARE SOME IDEAS OF THINGS TO WRITE ABOUT:

- ✳️ The negative thoughts you had. How did it effect you? Were you able to turn it around quickly? Is it still bothering you?
- ✳️ What happened today that you couldn't control? How did you handle it? Were you able to find a way to move through the situation with grace?
- ✳️ What happened today that you didn't expect? Did it thow off your whole day? How did you handle it and restructure? Were you excited about the challenge, or did you become frustrated and upset?

REMEMBER, THERE IS NO WRONG ANSWER. You're allowed to feel all of these emotions. The goal is to become aware of your feelings and emotions and just be with it. Try to accept the ebbs and flows and let them pass. Don't try to control your emotions, and don't let them control you.

You're working on taking baby steps to change your reactions to the situations that usually bring you down.

Find your journal space on the next page.....

BONUS: COMPASSION, LOVE, AND FORGIVENESS MEDITATION:

If you still have time, I highly suggest taking the time to do this final meditation for the night. It can be so helpful to put any negativity or anger to rest that you have with a particular person.

Sometimes there's nothing we can change about outside circumstances about our current situations, but we can change internally.

HERE IS HOW TO DO THIS:

- ✳️ Find five minutes during the day, perhaps before bed, where you sit in meditation position.
- ✳️ Picture the person of conflict in front of you.
- ✳️ Picture a light from your heart transferring love and positivity to them.
- ✳️ Say the words, "I forgive you"
- ✳️ Say the words, "I wish you light and love"
- ✳️ Repeat this for the five minutes, or until you feel your heart soften

Find out more meditations or information on this at my post on compassion meditation for toxic situations. [Click Here](#)

Thank you so much for downloading and using this journal. You can't do it wrong! Keep a running list of your unique gifts and why you're awesome. Wake up each day by asking yourself why you're excited about the day. Close each day with gratitude. Do your best to let go of any negativity!

YOU GOT THIS!!!!

If you enjoyed this, and it helped you. Please share [my blog](#) and this journal with your friends.

TheYogiMovement.com * Find Your Inner Superhero