

INTRODUCTION

I am a mom of two young children with a demanding career. As I am taking care of my family and staying engaged at work, I realized that I had stopped taking care of myself. Working out was more of an option rather than a necessity and keeping a tidy home was more important than my sleep. Before I knew it, I was a very tired and grumpy person - yelling at my kids for minor infractions and taking out the stress from work on my poor husband. My life was not necessarily out of control in a dramatic sense, but I knew it could be better, and I knew it had to start with me. I wanted to be a calmer and happier person. As I started tracking my sleeping hours, eating habits, and exercising routines, I felt a lot better and people around me noticed. I cannot expect the world to change for me; to have a better boss, more competent co-workers or quieter kids, but it is how I react to these external factors that can change my inner peace and happiness. I feel like I can take on the world when I myself am rested and healthy.

I created this journal in hopes of finding the perfect balance between keeping track of good habits and guided journaling. As much as I believe in this journaling method, it is not meant to work for everyone or be the answer to all my problems. Overall, it is a journal that helps keeps you organized and accountable with your overall well-being and goals.

GOALS

When I refer to accomplishments and goals, it doesn't necessarily have to produce a concrete 'result' like meeting the love of your life or getting a job promotion. Your goal could be whatever YOU think success or happiness is. Be honest about what success looks like to you specifically. Do not compare yourself to others and go at your own pace.

Make the goals specific, measurable, timely and 'sticky'. Put a reason why it is important for you to make it 'stick'. Why do you want to stick

to this goal and what are some things you can do today on your journey to accomplish them?

For example:

Specific and Measurable: *I want to lose 15 pounds.*

Target Date: *December 31, 202X*

“Sticky” / Why Factor: *I have nice clothes that are in good condition that I do not want to throw or give away. Some of these tops were purchased years ago and retailers do not sell them anymore unless I wait for the early 2000's to come back.*

GOOD HABITS

I don't want to go into the details of why you need to drink water, reduce your screen time or eat vegetables and fruits, etc. We know the benefits of these activities but unfortunately, there is a gap in knowing from doing. Don't get so caught up that you are only consuming 1 serving of fruit a day or only sleeping for 5 hours a night. No one else is reading this journal, so no one is criticizing you. Also, you are going to improve from where you start. Progress over perfection. It is consistently doing the right actions every day that will build good habits for self-care and happiness.

DAILY GRATEFULNESS

Being grateful is so important that it must be recognized every day. We must appreciate what we have or else we will never enjoy our success and blessings. There is so much research into showing how daily gratitude will make us happier, increase our psychological well-being and enhance our positive emotions. It is a wonder drug that we should keep on taking.

TASK TOWARDS YOUR GOALS

It is important that you remind yourself of your goals on a daily basis. A little bit everyday goes a long way and you'll be surprised how 5 to 10 minutes can add up over a month. Like anything in life worth working for, time and effort are key. Small consistent changes over time will lead to big results.

GENERAL THOUGHTS AND NOTES

Here is a space to write what you feel is important to you that day. Examples like what you learned, how you could improve or how you made someone's day better, etc. It could even be a random thought that you can't get off your head. Some prompts include:

- What was the most peaceful moment during the day?
- Would you change any of the decisions you made today?
- What was your favorite moment of the day and why?
- What was your biggest accomplishment today?
- What was something that you did today just for yourself?

These are just suggestions and I highly encourage you to make your own prompts.

CLOSING REMARKS

In the beginning of your journey, you'll be pumped and excited to get started, but at the same time, because the results are not immediate, you might be tempted to give up early. Remember, changes take time and consistency is key to seeing results. The toughest part will be keeping it up. Life gets busy but it should not be too busy for the most important task: taking care of yourself.

GOALS

Specific and Measurable:

Target Date:

Sticky / Why Factor:

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