

Start the Day Right

A Daily Journal



Using the *Start the Day Right* Journal

There is a great deal of scientific research that supports the health benefits of journaling.

In fact, many people consider journaling one of the most effective ways to deal with stress and promote overall wellness.

There is a long list of mental health benefits associated with daily journaling, including:

- stress reduction.
- promotion of positive thinking.
- enhanced mood.
- offering you a way to process your emotions.

Besides the mental health benefits of journaling, studies also suggest that journaling can promote a variety of health benefits, from boosting your immune system to improving chronic illnesses like asthma and arthritis.

This journal is intended to be used first thing in the morning to help give you a positive orientation toward your day. It should take just 10 or 15 minutes to fill out a page.

When writing in your journal keep in mind the following tips.

- Keep it simple. Don't overthink your answers but rather just write whatever comes to mind.
- Don't worry about spelling or grammar. The point of journaling is simply self-expression.
- Be consistent. Try to write in your journal every single day. Soon it will become a habit like brushing your teeth first thing in the morning.

If possible, do your journaling in a quiet and comfortable place where you are free from distractions. If you put on some relaxing music and practice slow and deep breathing as you write, you will get additional psychological and physical benefits of the Relaxation Response.

START THE DAY RIGHT

Date: _____

Today's Focus:

Affirmation for Today:

I'm Grateful For:

What I'm Excited About:

What I'll Do to Care for My Body and Mind:

What I Can Do to Make a Positive Difference:

START THE DAY RIGHT

Date: _____

Today's Focus:

Affirmation for Today:

I'm Grateful For:

What I'm Excited About:

What I'll Do to Care for My Body and Mind:

What I Can Do to Make a Positive Difference:

START THE DAY RIGHT

Date: _____

Today's Focus:

Affirmation for Today:

I'm Grateful For:

What I'm Excited About:

What I'll Do to Care for My Body and Mind:

What I Can Do to Make a Positive Difference:

START THE DAY RIGHT

Date: _____

Today's Focus:

Affirmation for Today:

I'm Grateful For:

What I'm Excited About:

What I'll Do to Care for My Body and Mind:

What I Can Do to Make a Positive Difference:

START THE DAY RIGHT

Date: _____

Today's Focus:

Affirmation for Today:

I'm Grateful For:

What I'm Excited About:

What I'll Do to Care for My Body and Mind:

What I Can Do to Make a Positive Difference:

START THE DAY RIGHT

Date: _____

Today's Focus:

Affirmation for Today:

I'm Grateful For:

What I'm Excited About:

What I'll Do to Care for My Body and Mind:

What I Can Do to Make a Positive Difference:

START THE DAY RIGHT

Date: _____

Today's Focus:

Affirmation for Today:

I'm Grateful For:

What I'm Excited About:

What I'll Do to Care for My Body and Mind:

What I Can Do to Make a Positive Difference:

START THE DAY RIGHT

Date: _____

Today's Focus:

Affirmation for Today:

I'm Grateful For:

What I'm Excited About:

What I'll Do to Care for My Body and Mind:

What I Can Do to Make a Positive Difference:

START THE DAY RIGHT

Date: _____

Today's Focus:

Affirmation for Today:

I'm Grateful For:

What I'm Excited About:

What I'll Do to Care for My Body and Mind:

What I Can Do to Make a Positive Difference:

START THE DAY RIGHT

Date: _____

Today's Focus:

Affirmation for Today:

I'm Grateful For:

What I'm Excited About:

What I'll Do to Care for My Body and Mind:

What I Can Do to Make a Positive Difference:

START THE DAY RIGHT

Date: _____

Today's Focus:

Affirmation for Today:

I'm Grateful For:

What I'm Excited About:

What I'll Do to Care for My Body and Mind:

What I Can Do to Make a Positive Difference:

START THE DAY RIGHT

Date: _____

Today's Focus:

Affirmation for Today:

I'm Grateful For:

What I'm Excited About:

What I'll Do to Care for My Body and Mind:

What I Can Do to Make a Positive Difference:

START THE DAY RIGHT

Date: _____

Today's Focus:

Affirmation for Today:

I'm Grateful For:

What I'm Excited About:

What I'll Do to Care for My Body and Mind:

What I Can Do to Make a Positive Difference:

START THE DAY RIGHT

Date: _____

Today's Focus:

Affirmation for Today:

I'm Grateful For:

What I'm Excited About:

What I'll Do to Care for My Body and Mind:

What I Can Do to Make a Positive Difference:

START THE DAY RIGHT

Date: _____

Today's Focus:

Affirmation for Today:

I'm Grateful For:

What I'm Excited About:

What I'll Do to Care for My Body and Mind:

What I Can Do to Make a Positive Difference:

START THE DAY RIGHT

Date: _____

Today's Focus:

Affirmation for Today:

I'm Grateful For:

What I'm Excited About:

What I'll Do to Care for My Body and Mind:

What I Can Do to Make a Positive Difference:

START THE DAY RIGHT

Date: _____

Today's Focus:

Affirmation for Today:

I'm Grateful For:

What I'm Excited About:

What I'll Do to Care for My Body and Mind:

What I Can Do to Make a Positive Difference:

START THE DAY RIGHT

Date: _____

Today's Focus:

Affirmation for Today:

I'm Grateful For:

What I'm Excited About:

What I'll Do to Care for My Body and Mind:

What I Can Do to Make a Positive Difference:

START THE DAY RIGHT

Date: _____

Today's Focus:

Affirmation for Today:

I'm Grateful For:

What I'm Excited About:

What I'll Do to Care for My Body and Mind:

What I Can Do to Make a Positive Difference:

START THE DAY RIGHT

Date: _____

Today's Focus:

Affirmation for Today:

I'm Grateful For:

What I'm Excited About:

What I'll Do to Care for My Body and Mind:

What I Can Do to Make a Positive Difference:

START THE DAY RIGHT

Date: _____

Today's Focus:

Affirmation for Today:

I'm Grateful For:

What I'm Excited About:

What I'll Do to Care for My Body and Mind:

What I Can Do to Make a Positive Difference:

START THE DAY RIGHT

Date: _____

Today's Focus:

Affirmation for Today:

I'm Grateful For:

What I'm Excited About:

What I'll Do to Care for My Body and Mind:

What I Can Do to Make a Positive Difference:

START THE DAY RIGHT

Date: _____

Today's Focus:

Affirmation for Today:

I'm Grateful For:

What I'm Excited About:

What I'll Do to Care for My Body and Mind:

What I Can Do to Make a Positive Difference:

START THE DAY RIGHT

Date: _____

Today's Focus:

Affirmation for Today:

I'm Grateful For:

What I'm Excited About:

What I'll Do to Care for My Body and Mind:

What I Can Do to Make a Positive Difference:

START THE DAY RIGHT

Date: _____

Today's Focus:

Affirmation for Today:

I'm Grateful For:

What I'm Excited About:

What I'll Do to Care for My Body and Mind:

What I Can Do to Make a Positive Difference:

START THE DAY RIGHT

Date: _____

Today's Focus:

Affirmation for Today:

I'm Grateful For:

What I'm Excited About:

What I'll Do to Care for My Body and Mind:

What I Can Do to Make a Positive Difference:

START THE DAY RIGHT

Date: _____

Today's Focus:

Affirmation for Today:

I'm Grateful For:

What I'm Excited About:

What I'll Do to Care for My Body and Mind:

What I Can Do to Make a Positive Difference:

START THE DAY RIGHT

Date: _____

Today's Focus:

Affirmation for Today:

I'm Grateful For:

What I'm Excited About:

What I'll Do to Care for My Body and Mind:

What I Can Do to Make a Positive Difference:

START THE DAY RIGHT

Date: _____

Today's Focus:

Affirmation for Today:

I'm Grateful For:

What I'm Excited About:

What I'll Do to Care for My Body and Mind:

What I Can Do to Make a Positive Difference:

START THE DAY RIGHT

Date: _____

Today's Focus:

Affirmation for Today:

I'm Grateful For:

What I'm Excited About:

What I'll Do to Care for My Body and Mind:

What I Can Do to Make a Positive Difference:
