

A GOOD DAY

Self-love and Gratitude Journal

If found, please contact

The Power of Habits

A Good Day is now your daily companion. The book offers you space for 184 days, or six months, of reflection and self-esteem. If you use it every second day, obviously it will last a whole year. The techniques in this book aim at helping you to slow down and self-reflect, and are not meant to cause more stress. So this leads us to our first piece of advice: if you don't have the time or are not in the mood to reflect on the day, don't do it. It is a beautiful habit – and habits are best practised daily – but it's better if you use the book only when you feel like it, but don't leave it untouched out of guilt.

The easiest way though is planning a fixed time each day to fill it out. We don't mean a fixed time of day because every day is different, but rather a fixed point in your daily routine. For instance, every evening after brushing your teeth, every night in bed before sleep or before breakfast filling out the day before. In the first few weeks you might forget it several times but the more you integrate journaling into your daily routine, the easier it will become over time. Most people need several weeks to get used to new habits. After the first few weeks you might feel like something is missing when you don't use *A Good Day*.

You should try to view the five minutes you need to journal as something sacred and protect them by any means necessary. The time for self-reflection is not wasted. Allow yourself these minutes to slow down and listen openly to yourself. It might even help you to link journaling to relaxation techniques, be it deep breathing several times before starting to journal or a short meditation. The more you celebrate the moment, the more it becomes a precious and powerful habit in your life. Therefore, it is an advantage to have it ready at hand in the same place. Every extra effort you need to make before being able to start, will make it more difficult to implement this new habit into your life.

The Power of Journaling

Keeping a diary might sound silly to you as it reminds you of confusing thoughts and sparkling heart shaped stickers back in your teenage years. Well, you're free to say goodbye to this image. *Journaling* is the new name for the practice of keeping a diary and it has already made its way into the guides of many psychotherapists. It's an appropriate tool to reduce anxiety, panic attacks and stress, and to regain control of your thoughts when going through depression. It can help you to set priorities, to name fears and worries, and to get to know yourself better. Especially through the pre-defined boxes that you find in this book, it helps you to develop a positive image of yourself. Often your inner critic is the loudest voice in your head. Self-doubts are not bad per se because when we reflect our actions critically, we can develop and grow. But most people don't need an invitation to criticise themselves, it seems to be their constant companion anyway. So go into yourself once a day, replay the day again and don't judge or condemn your actions. Everything that has happened, happened for a reason, exceedingly few of them were within your control. But it's perfectly fine if you use *A Good Day* as a plain diary on some days. That's also beneficial and healing because by writing down the events you give meaning to the day and you can process them better. Many people say that they fall asleep more easily after writing their thoughts down and sorting them on paper before going to sleep. Writing things down is often synonymous to letting them go.

7.3.

Mon Tue Wed **Thu** Fri Sat Sun

"Just be honest with yourself. That opens the door" – Vernon Howard

Early in the office, many meetings, but all went well. Lots to do these days, but I feel many things falling into place. Long chat with Natalie. Sports in the evening. It's getting colder, thinking about going on holiday. I'm a bit afraid of handing the manuscript in. But on the other hand all the contents are good. We need to find a new office building, that's stressful ...

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What I'm grateful for today

- Slept very well
- Good atmosphere in the team
- Met many amazing people the last few days

What I did well today

- Wrote good articles
- Meditated
- Sport + sauna
- Gave good tips to Natalie

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		8:50					
		8:20					
		Cardio					
		620					

Good advice concerning mindfulness and stress avoidance can also create stress. When you are concentrating on these topics you might inevitably ask yourself if you're living mindfully enough and which techniques you might still have to learn. Please keep that in mind when reading our tips. It's not about following each and every single piece of advice and learning the whole repertoire of techniques. Breathe in deeply and say goodbye to the image of mental health being a competition and getting points for memorising. Only take advice for actions that impulsively feel good to you. It's a good idea to mark those tips you'd like to try at the end of the page with a fluorescent marker, so you'll find them more quickly.

Your Goals

Goals can drive and motivate you, but they can also put you under a lot of pressure. Thinking about what you wish for in the short, medium and long-term is enlightening and can give you clarity about your desires and the necessary means you need to get there.

Short-Term Goals (1 to 12 months)

Medium-Term Goals (1 to 4 years)

A Good Day

It will become easier for you to have good days when you reflect upon what a good day should look like. It's not about the perfect day during a holiday, but a good, typical day in an ordinary week, including work, free time and time to eat.

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6:00 a.m.

7:00 a.m.

8:00 a.m.

9:00 a.m.

10:00 a.m.

11:00 a.m.

12:00 p.m.

1:00 p.m.

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11:00 p.m.

A Perfect Day

What would a day look like when you *don't have any* responsibilities and you just want to do something nice for yourself? Describe it and reflect if there might be a chance to implement it in the following months, for example on your birthday.

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10:00 p.m.

11:00 p.m.

Handwriting practice lines consisting of multiple horizontal lines for text entry.



What I'm grateful for today

A large, solid tan-colored rectangular area intended for writing a gratitude journal entry.

What I did well today

A large, solid tan-colored rectangular area intended for writing a reflection on what was done well today.

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Healthy fatalism is what we call the basic tenor that there are things we cannot change. Sometimes acceptance is the only solution. Only with acceptance can we allow ourselves to let go of thinking about problems, as obviously, it doesn't lead anywhere to think about the things that don't lie in your power. This will set free mental energy you can use to take care of those things you have control over. Tell yourself “stop!” when you catch yourself pondering on the inevitable. With a little training, you'll be able to detect these thoughts and then allow yourself to let them go. This conscious letting go is the key to a life with less worries.

It doesn't matter whether everything is going according to plan, if the plan sucks.

Mon Tue Wed Thu Fri Sat Sun

What I'm grateful for today

What I did well today

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People want to see you fight but they don't want to see you win.

Lined writing area for journaling.



What I'm grateful for today

Large blank area for writing about gratitude.

What I did well today

Large blank area for writing about daily achievements.

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Imagine you had £86,400 in your pocket and someone stole £10 from you. Would you get angry and throw away the rest of the money to catch the thief? No, you wouldn't care. Well, we have 86,400 seconds a day at our disposal. Don't let them be messed up by 10 seconds that someone is stealing from you through their negativity. Don't bother yourself with trifles, life is bigger than that.

“Do you know how when people are really hungry they will be driven to eat the inedible? Grass and soil and the like? That also happens with love. If you want love badly enough, you will start gobbling harmful substitutes like attention and possessions.” – *Alissa Nutting*

Mon Tue Wed Thu Fri Sat Sun

What I'm grateful for today



What I did well today

A grid of small dots for writing notes.

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“Your self-worth is determined by you. You don't have to depend on someone telling you who you are.” – Beyoncé

Handwriting practice lines consisting of multiple horizontal lines for text entry.



What I'm grateful for today

A large, solid tan-colored rectangular area intended for writing a response to the gratitude prompt.

What I did well today

A large, solid tan-colored rectangular area intended for writing a response to the 'what I did well today' prompt.

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Needing help from others is a strength, not a weakness. Admitting that others are better at doing certain things requires some courage. Asking someone for help does as well. So don't see it as a weakness if you can't progress alone. Identifying yourself as a one-man or one-woman army hasn't made anyone happy. The only thing keeping people from asking for help is their guilty conscience and false pride. How you deal with pride is something you have to figure out for yourself, but one thing that helps against a guilty conscience is proactively offering your help to others.

“When I started being less hard on myself the rest of the world got softer too.” – Clara Louise

Mon Tue Wed Thu Fri Sat Sun

What I'm grateful for today

What I did well today

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What happened this month

What I did well

What was difficult

Quick Reflection

I took care of my needs	<input type="checkbox"/>
I had enough social contacts	<input type="checkbox"/>
I'm content with what I achieved	<input type="checkbox"/>
I was optimistic	<input type="checkbox"/>
I tried something new	<input type="checkbox"/>
I trained my mindfulness	<input type="checkbox"/>
I articulated gratitude	<input type="checkbox"/>

Habit Tracker

1	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
2	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
3	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
4	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
5	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31