

The Be Do Journal

Well-being from Well-Doing

A course in Well-being through Journaling

WHAT MAKES it HAPPEN

● ● ● online psychotherapy

Section 4

Morning Journal (example)

In this part of the course we will look at an example of the Morning Journal. It consists of two parts:

Three things I am grateful for

And

Goals/Plans/To do's

Just one note to consider here: The Morning Journal is to be completed after you wake (not necessarily in the morning). I like to complete my morning Brain Breathing meditation before I fill out the Morning Journal.

Three Things I am Grateful for

Ok, so the first part of the morning Journal is straightforward. The attitude of gratitude is what this section is all about so be sure to honestly get in touch with feelings of real gratitude before making your entry. We can often think of things that we should be grateful for but unless we truly feel this gratitude it becomes more of an intellectual exercise than one of connection. Don't worry if things don't come to you, something might bubble up to the surface, if not, just move on to the next section and perhaps make it a goal for the day to note things that you feel grateful for.

The examples I've put here are:

Morning Journal	Date: 10/10/2050
Three things I am grateful for:	
1. <i>That feeling of peace that swept over me during mediation.</i>	
2. <i>Tasting the subtle flavours of Earl Grey tea.</i>	
3. <i>My daughter telling me yesterday that I was the best dad ever!</i>	



Goals/Plans/To do's

In this final section of the Morning Journal we take a look at Goals, Plans and To do's for the day. Write a list of what you want to realistically achieve today. It's ok to write seemingly unrelated things to well-being like Tidy the house, go food shopping or pay the car insurance. As long as these things give you a sense of achievement once done they will feed into your 'success' story.

Remember, some of your daily goals will reflect your Weekly Well-being goals and in keeping with the example I used earlier we could include in today's goals:

1. Drink more water than yesterday. 750ml at least. (Weekly Well-being Goals)
2. Join Adam at lunch time for a power walk. (Weekly Well-being Goals)

Other Goals/Plans/To do's for the day could also include:

Goals/Plans/To do's	(Tick if done)
<i>Respond to all email enquiries.</i>	
<i>Fix the wardrobe handle.</i>	
<i>Do Brain Breathing exercises 3 times.</i> <i>(Brain Breathing course included)</i>	
<i>Complete the Be Do Journal.</i>	

When we get to the Evening Journal we will come back to this section and 'tick off' all the things that were completed and reflect upon how the day went. Tomorrow, before you write the days goals/plans/to do's its useful to reread the previous days Evening Journal as it often informs how you detail the current days goals. I appreciate how cryptic that might sound right now but don't worry it does become clearer as you use the journal.

So that's it for the morning journal. It's a really quick and focused way to set your intentions for the day after engaging with a feel good attitude.

