

# Daily Journal Instructions

Congratulations on downloading the daily journal pages! I recommend printing a week to a month's worth (preferably double-sided) three-hole punching and putting it in a binder. Consider keeping it next to your bed or wherever you will perform your daily journal practice.

## Benefits:

It is important to spend a little bit of time at the beginning and end of each day to express gratitude, identify what is important to you, and self-reflect. A daily journal practice helps assure you are intentional about living your life!

**Daily journaling using this method has a lot of benefits, including:**

- It helps you become more grateful and fulfilled.
- Strengthens self-discipline and productivity.
- Increases self-awareness.
- Clears your mind and helps you gain clarity.
- Boosts your memory.

It can also help you relieve stress, become more creative, regulate emotions, improve your handwriting, record ideas, implement lasting changes, practice mindfulness, and even help you achieve greater confidence!

I created these exact journal pages out of years of trial and error for what I found to be the most effective and enjoyable journaling process. I also created the journal pages to integrate perfectly with the [Revolutionize Your Life: Planning & Review System](#), which is an annual, quarterly, and weekly planning and review process designed to keep people on track for building their dream lives.

## Journal Instructions:

These pages and questions can always be used how you chose (after all, it's your journal). However, I still wanted to take a moment to walk you through how these daily journal pages were intended to be used.

At the top of each page, there is a space to fill in the day, date, and to record the time. The time recording can be helpful if it is the first thing and last thing you do in a day to record your wake and sleep times.

### Morning:

**Sleep/Dreams:** Use the sleep/dreams section, to make notes about how you slept, about your dreams, or both.

**I am grateful for:** This is where I recommend writing one to three things you are grateful for overall in life. I recommend in the [Revolutionize Your Life: Life Design Program](#) first to create a gratitude list then to write each item on a piece of paper or note card and make a gratitude jar or card deck so you can pick one to three each morning and spend the time reflecting on why you are grateful and recording in the journal.

**I am excited for:** This is where I recommend you writing one to three things you are excited for that day. Examples, going to dinner with friends, reading more of the book you have been enjoying, getting outside to enjoy the nice weather. If you can't think of anything to be excited about, make sure to plan something to be excited about into your day, like watching a favorite show, cooking a delicious healthy meal, or connecting with a loved one.

**Today I will:** My purpose of this question was not so it would be used as another to-do list (although it is your journal, so use it how you want). I created it so it can be used to list your primary focus for the day or something specific you can do in terms of self-care, learning, self-development, or improving relationships. You choose how you want to use this section, so it works best for you.

**Notes:** The notes section is optional and designed to be used, however you want. Whether it's a place, you ask yourself an additional every day or just use to dump some things that are on your mind, use how it works best for you. To give you an example, I use it to make notes about my sleep and just use the top question for notes about my dreams. You will also notice a small circle in the notes section that is designed to record things like how you slept or how you are feeling. In the morning, I use it for how I slept and use a one to five scale. But you could also just track the number of hours slept if you prefer.

## **Night:**

**Today's Highlights:** Think of this section as your day in bullet points. If you were to look back and try to remember the key things about the day, what would those key things be? List them out.

**Today's Accomplishments:** Write down your biggest accomplishments and/or wins from the day. I also like to quickly check off what I completed the **Today I will**, and **I am excited for** in the morning section.

**Positives/Proud Of:** This is a great place to record what the best things were about your day as well as some of the things you did that you were proud of. Examples: Spending time with friends, going on a walk, eating healthy, etc.

**Negatives/Improve Upon:** Being a positive thinker does not mean ignoring the things in life that are holding you back. By regularly identifying those things and seeing how often they occur can help you identify the fundamental changes that you can make to improve your life. Example: Had a fight with a friend, went to bed really late, binge-watched too much TV, etc. The more regularly something ends up here the more important I know it is something to prioritize changing.

**Learned Today:** This is a great section to record books you finished, podcasts you listened to, documentaries you watched as well as the key things or new skills you learned or improved upon that day. It is also a great place to record important life lessons or something you don't want to forget. Example: Don't put regular dish soap in the dishwasher; you will end up with a bubble filled kitchen (don't worry, I only did this once).

**Grateful For From Today:** Unlike the morning practice that is more focused on general and consistent things you are grateful for. This section is about giving specifics (ideally aim for three) about things you are grateful for that happened that specific day. Example: I am grateful I made a big sale today, I am grateful my friend recommended a new book, I am grateful for the phone call with my sister, etc.

**Notes:** Again, this is a great place to ask yourself an additional question or just dump ideas. Use this space as you see fit. There is also a circle in this section, and I personally like to use the evening circle to record on a scale of one to five how I felt overall that day in terms of mood and energy. One is awful, three is average, and five is amazing. You could also do a frown face for awful, straight face for average, and happy face for amazing. Use as you see fit or don't use at all. It is your choice. This is your journal use it however you want and enjoy the journey!

If you would prefer a printed copy of **the Revolutionize Your Life: Daily Journal** with more writing space visit [TheRevolutionBlog.com/DailyJournalPages](http://TheRevolutionBlog.com/DailyJournalPages) to learn more.