

# Fit + Healthy 365



## GRATITUDE AND SUCCESS JOURNAL

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LYDIA DI FRANCESCO

*Hello!*

This Journal is designed to put you in a positive mindset as you start your day and to help you focus on the blessings and small, daily achievements in your life.

## HOW TO USE THE JOURNAL

The Journal is designed to be done first thing in the morning to give you a positive and uplifting start to your day. However, if you prefer to do it in the evening before bed, that's ok too.

Each day, complete the sentence under each of the four categories. There is no right or wrong way to complete the sentences. They are intentionally open to give you latitude for how you choose to complete them.

### APPRECIATION

*I'm grateful for...*

Here's an opportunity to acknowledge and be thankful for things in your life. The act of gratitude allows us to look for the positive aspects of life, even on the days when things seem dark and bleak. Look for gratitude in people, things, situations, experiences, achievements, opportunities, etc. The sky's the limit and nothing is too small to be grateful for.

### AFFIRMATION

*I am...*

After being thankful, write down an affirmation or intention for your day. The affirmation is a positive statement about you. It could be something you currently believe or perhaps a statement you want to believe and reinforce in your mind and heart. Your affirmation might be the same for a while or you might change it daily. An intention could be a positive statement about how you want your day to go. Use this space in a way that works for you.

### ACHIEVEMENT

*Yesterday I was successful at...*

I believe it's important and necessary to acknowledge the small successes in our life. Too often we focus on the "big wins" which are usually far apart. By identifying a daily achievement you counteract all the thoughts of what you "didn't" do and reinforce positive habits. Achievements could be physical (a small win from your workouts), emotional, based on a habit or situation, reaching a goal, etc. This is a great place to be open-minded about what an achievement looks like. Don't discount the small things; they are what add up to make the biggest impact.

## AMORE

*I will love and care for myself today by...*

With our busy lives it's more important than ever to make time to care for ourselves, not just in a physical way. Time to relax and/or play is essential for decreasing stress. Decide how you will love and care for yourself that day. Remember, it doesn't need to be a long activity or action. Search online for hundreds more ideas!

Some Self-Care Ideas:

- Have a glass of tea and just sit and enjoy it.
- Read a fun book or magazine or listen to a chapter or two from an audiobook.
- Go on a walk alone or with a friend.
- Make an inspiration collage and hang it where you can see it.
- Find a shop with tea, chocolate, or spices and enjoy the free smells for a while.
- Go camping or backpacking and spend some time truly immersed in nature.
- Go dancing and forget about anyone is watching.
- Watch your favorite movie.
- Learn how to say no to invitations or requests when you already feel overwhelmed.
- Take a bubble bath.
- Display some fresh flowers.
- Take a nap when you feel you need it.
- Treat yourself to a tasty meal at a fancy restaurant.
- Go to a comedy club.
- Go for a bike ride or a drive to nowhere in particular.
- Attend a local music performance.
- Sleep in a couple of extra hours on a weekend; errands and chores can wait!
- Book a night at a hotel outside of town; explore the scene and enjoy the sights.
- Color/draw/make art.
- Write a song or poem.
- Pray or meditate.
- Work on your hobby.
- Get a haircut, mani/pedi and/or go to the Spa for a few hours.

Thank you for allowing me to be part of your journey!

To your BEST health,

*Coach Lydia*

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