

## The 5 components of the 5-Minute Journal

1. **Feelings Noticed:** Taking time for noticing feelings helps you stay in touch with your emotions. It helps you acknowledge negative feelings so they can move on out and not linger and distract you. It also allows you to recognize and capitalize on positive feelings
2. **My Gratitude List:** Listing things in your life that would be difficult to live without is great for starters. I often am thankful for my computer! I encourage you to also dig deep and find gratitude in things and people that offer you challenges!
3. **What Went Well and Why:** List three things that went well during the day, or the day before if writing in the morning, and then explain why.
4. **Connections:** In my interactions today, was I connected and in-tune with at least three people? Rank the top three interactions in terms of both connectedness and being in-tune on a scale of 1 to 7. (See *Love 2.0* by Dr. Barbara L. Fredrickson for more information.)
5. **Affirmations/Visualizations:** Here is where you are really positive with yourself. Write affirmations in the positive stating “I am . . .” I often write an affirmation about being an impactful author. And, you can use some of the standard affirmations such as “I am loving, lovable, and loved.”

Check out additional ideas for journaling in *Building Your Brilliance – Move from Stressful Survival to Joyful Living* by Jane C. Schuette or any of the following journaling resources:

- Beattie, Melody. *Make Miracles in Forty Days: Turning What You Have into What You Want*. New York, New York: Simon and Schuster, 2010.
- Buzan, Tony and Buzan, Barry. *The Mind Map Book: How to Use Radiant Thinking to Maximize Your Brain's Untapped Potential*. New York, New York: Plume Books / Penguin Group, 1993.
- Cameron, Julie. *The Artist's Way*. New York, New York: Jeremy P. Tarcher/ Puttnam, 1992.
- Eurich, Tasha. *Insight*. New York, New York: Crown Business, 2017



Feelings Noticed:

My Gratitude List:

What Went Well and Why:

Connections

Affirmations/Visualizations:

