

SUNSHINE ON A RAINY DAY JOURNAL

To Soothe your soul when you feel you have a black
cloud over your head.

Research shows writing things down is a powerful tool to rewire
the mind.

Practice every day and commit to at least 10 minutes.

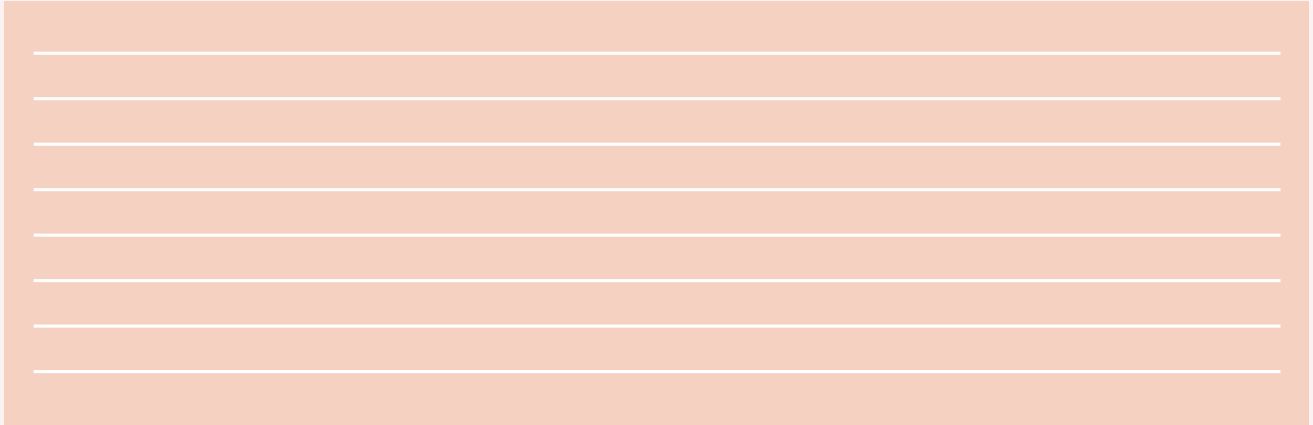
Try your best to stay present and focused on the words and
emotions that come up.

Journaling works best when done from a calm and peaceful state-
please don't try and attempt this when your highly stressed, busy
or extremely tired.

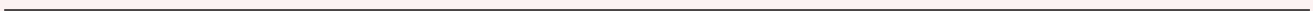
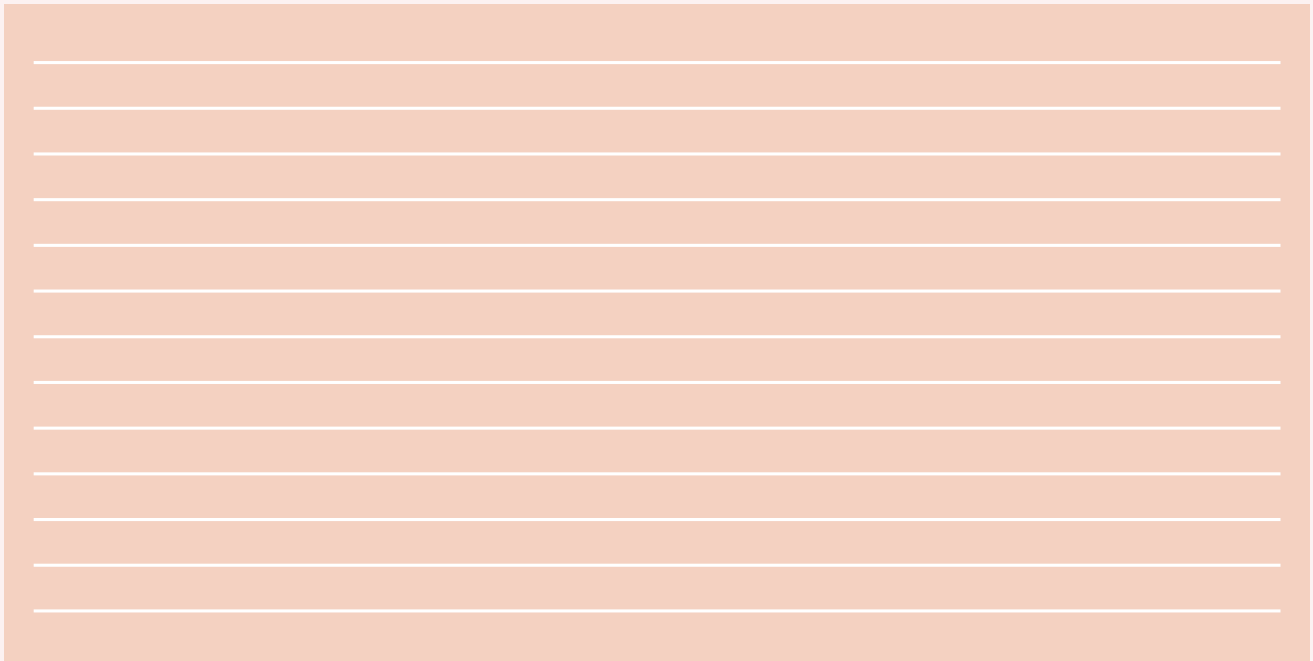
Please remember it is normal when starting a new ritual for our
minds to create chatter around it. Working through any resistance
can be challenging sometimes but a highly worthwhile practice.

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1. When things are tough, I want to remember....

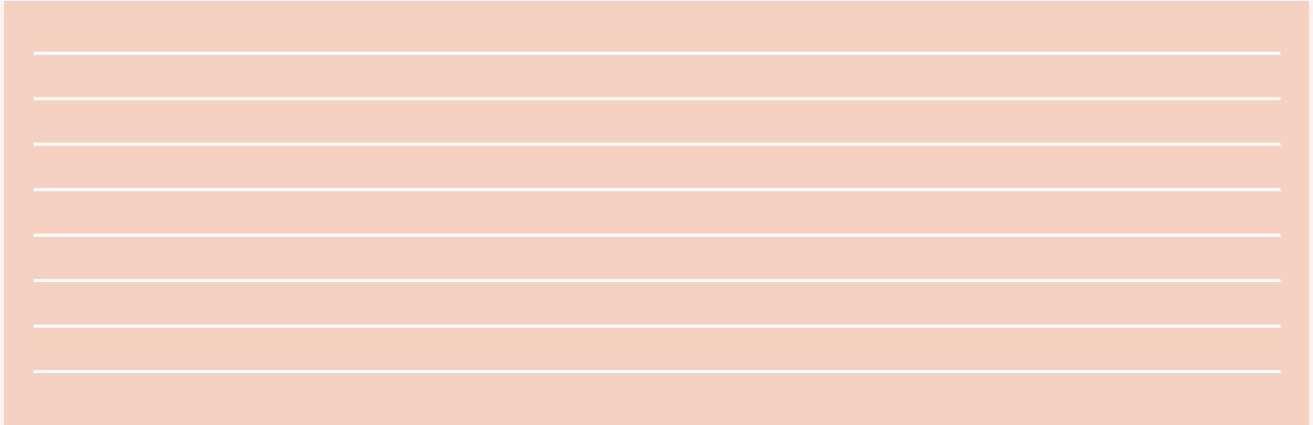


2. Today I achieved... (Try and write 3 small things)

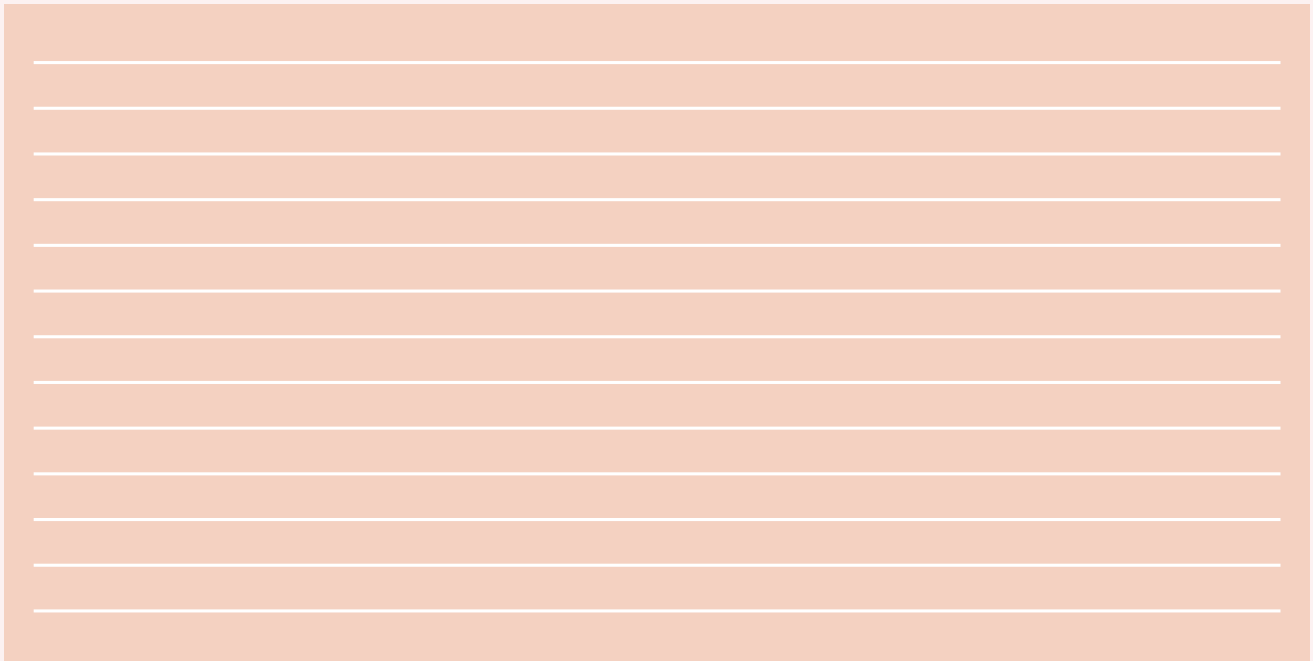


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3. Three things I love (or am learning to love and accept) about myself.

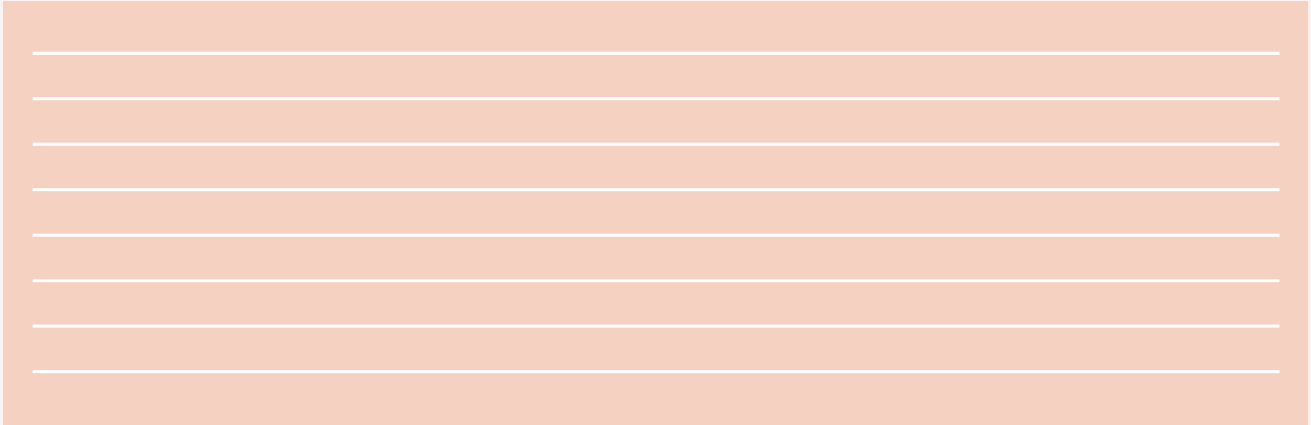


2. A situation I found really difficult but taught me....

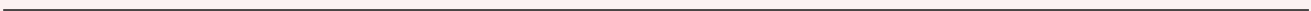
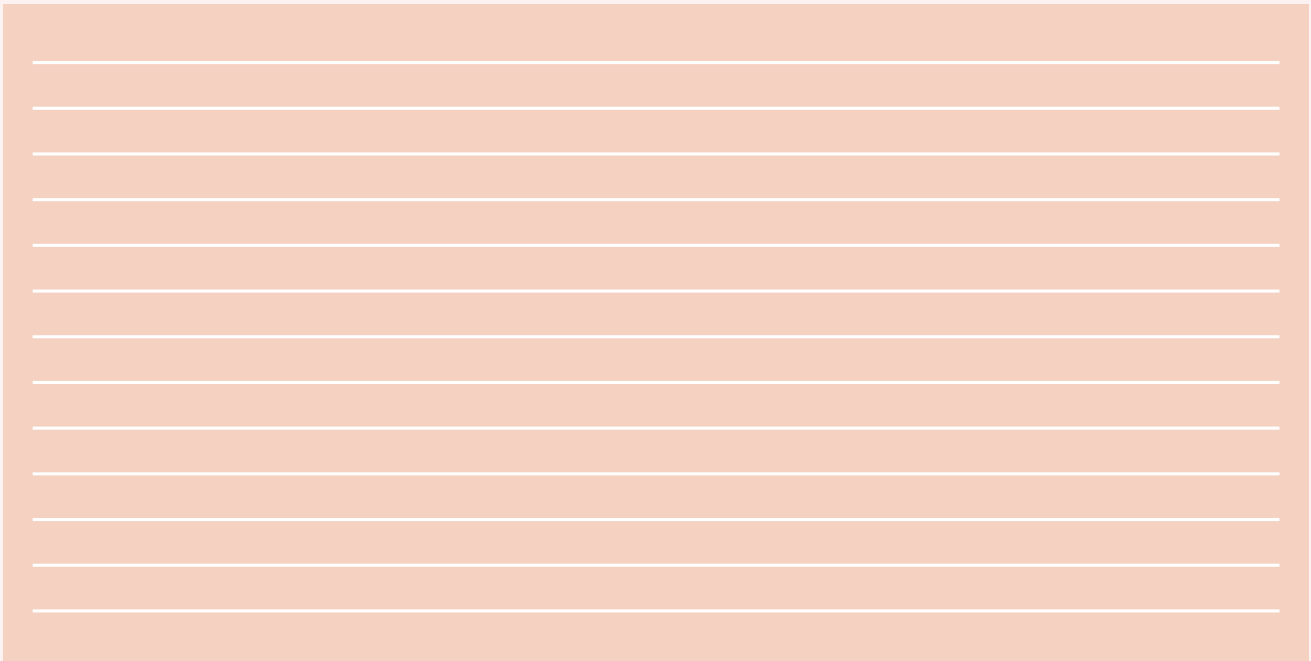


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3. My greatest achievement?

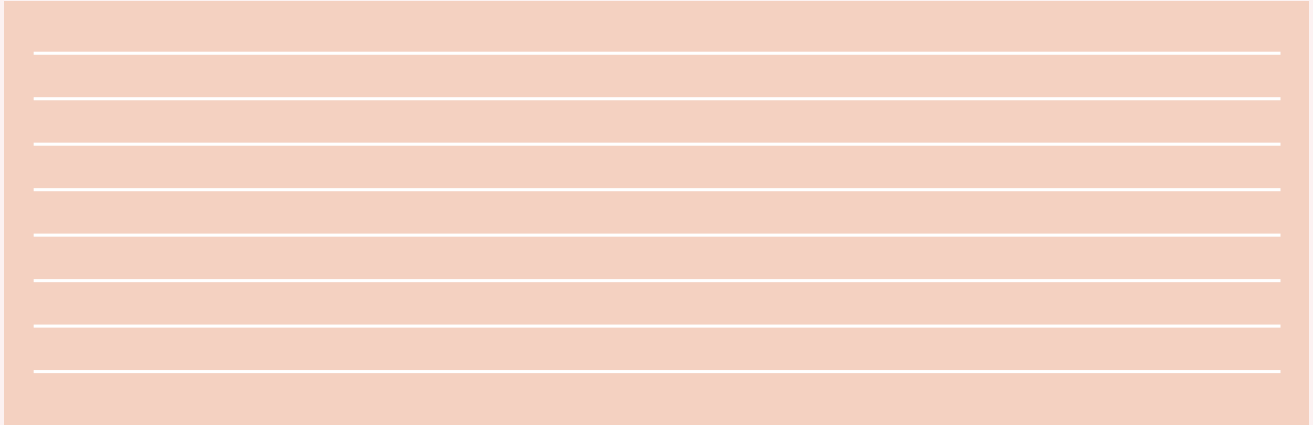


2. A memory that makes me smile...

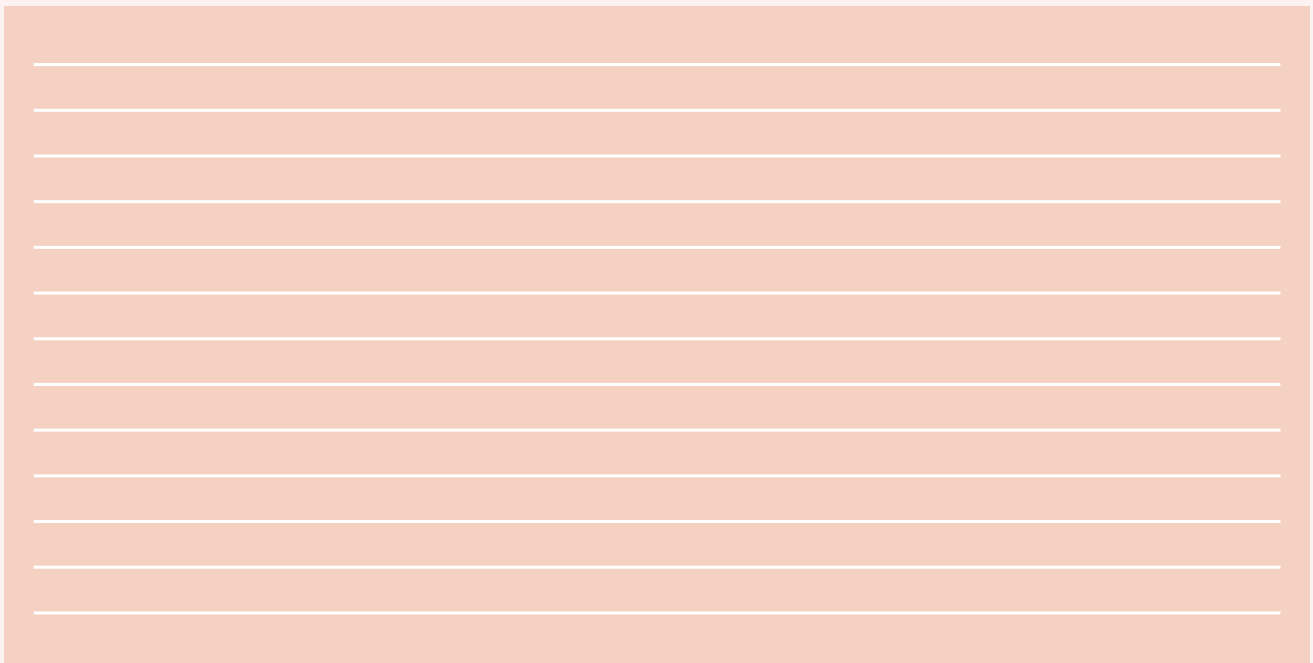


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3. A playlist of songs that help me feel better:

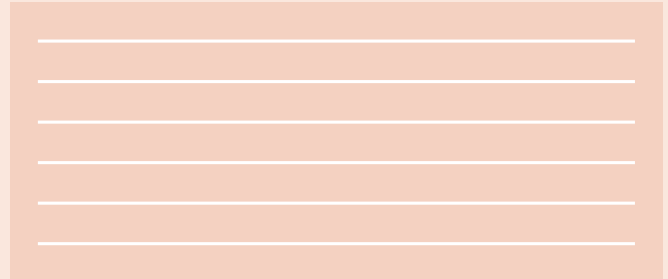


2. Something I tell myself, which I know isn't true:

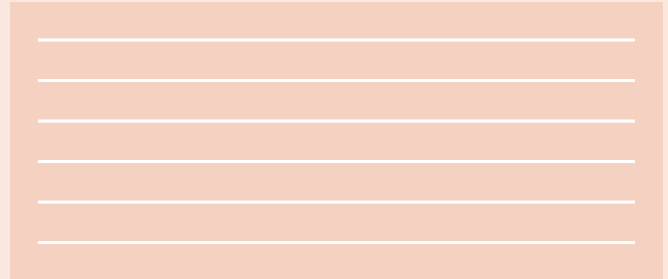


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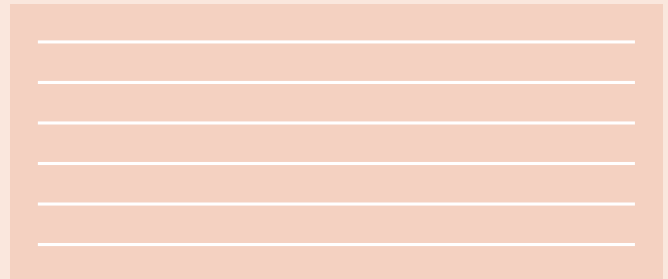
My affirmation is:



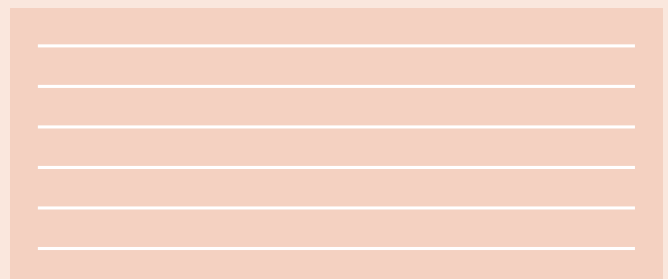
A favourite Quote to give me strength:



I would like to feel:

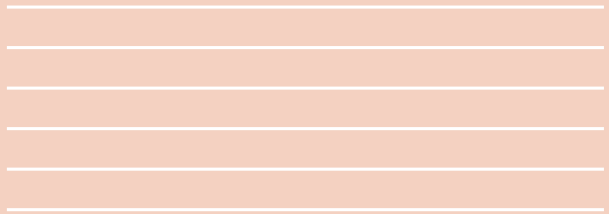


Something I need:

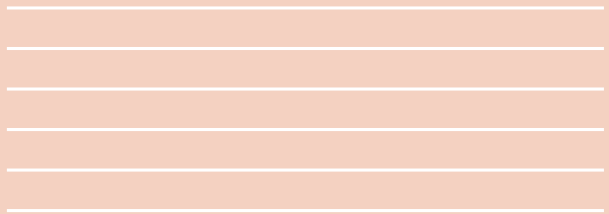


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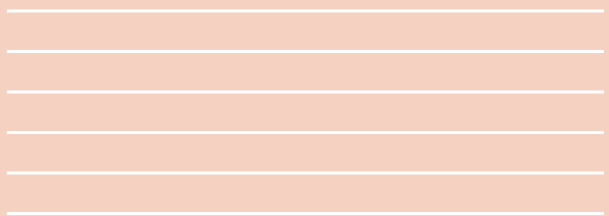
Someone that listens is:



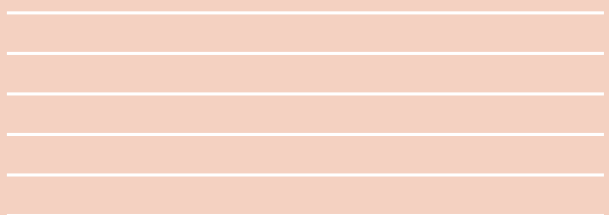
Something nice I can do for
myself to help me feel better is:



Something I have to look
forward to is:

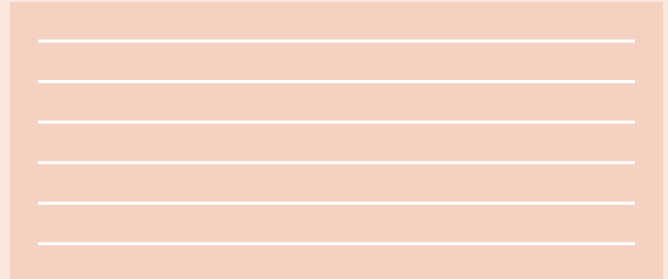


A thought I am focusing on
which isn't helping me feel
better is:

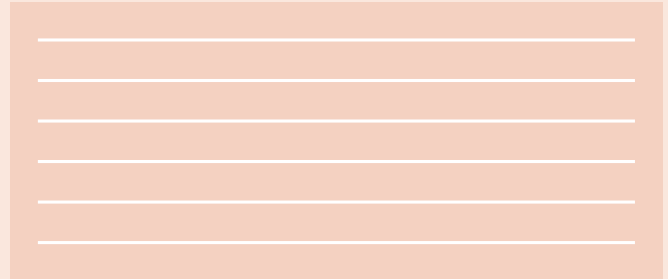


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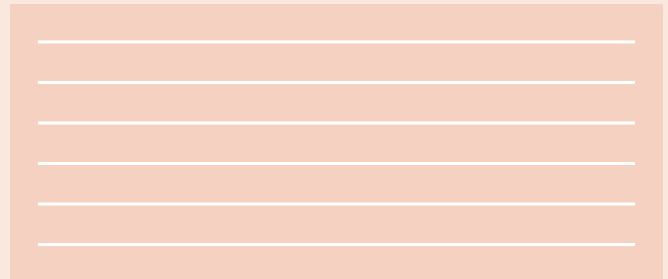
I feel alive when:



If I didn't feel this way, I
would do:



I feel relaxed and at peace
when:



I feel safe when...

