

how to use this journal

This journal serves two purposes:

1. To allow you to begin recognizing patterns that trigger or cultivate emotional & physical discomfort in your mind & body,
2. As a tool for implementing practices that can & will help to alleviate feelings of worry.

Every morning and evening take a moment to fill in the journal log. When you wake up, jot down what you physically feel in the body, i.e. well rested, energized, hungry, stiffness, fatigue, anxiety, nausea, headache, worry, etc.

You can keep notes throughout the day, or finish filling in your notes at the end of the day.

Take five minutes in the morning or evening with your cup of coffee, tea or water to sit down and reflect.

After a few weeks of logging, go back and read through what you have written.

Look for patterns that could reveal why you might be feeling physical discomfort (dis-ease). Look for patterns that could help you to understand your anxiousness.

This exercise is meant to bring awareness and understanding to your patterns, habits or triggers of discomfort.

Use the "I am grateful" page to record one or more things that you are thankful for. You can write it out, Jot down a list, draw a picture, or tape in a picture of someone or something that gives you feelings of gratitude.

Visit SabrinaJoAtto.com/book for meditations, calming music, and more.

Password to access these freebies is **IAMPEACE** (all caps lock)

For free extra journal pages visit SabrinaJoAtto.com/ExtraJournalPages

journal entry

DATE:

WHEN I WOKE UP I FELT (include mental, emotional & physical):

Went to bed at:

Woke up at:

TODAY I DID (include activities, errands, meetings, work, etc):

TODAY I ATE & DRANK:

Breakfast:

Lunch:

Dinner:

THROUGHOUT THE DAY I FELT (include mental, emotional & physical)

I EXPERIENCED THESE SYMPTOMS OF STRESS (circle those that apply):

Clenched Jaw

Shoulder Tension

Shortness of Breath

Jitters

Tight/Knotted Stomach

Muscle Twitching

Nausea

Rapid Heartbeat

Headache

Other _____

i am grateful for DATE:

A large, empty rectangular box with a light gray background, intended for writing a response to the prompt above.

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