

# My Daily Journal:

Date:

What did we do today?

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What were three feelings I had today?

ONE: \_\_\_\_\_

TWO: \_\_\_\_\_

THREE: \_\_\_\_\_

What are three things I am grateful for today?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

What is one question I have right now?

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What is one thing I did well today?

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What is one thing I'd like to do differently tomorrow?

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*Draw a picture of your thoughts, feelings or experiences on the back of this page.*

meaningful  
mama

# My Daily Journal Colorful Stripped

**JE Gale**



## **My Daily Journal Colorful Stripped:**

**My Daily Journal** My Daily Journal, 2015-12-06 Are you harnessing the power of a journal If you are going through life right now feeling like everything is out of control or that things are not happening the way you planned you need a journal I don't mean to be too direct but it is time for you to discover why you feel the way you do and then figure out what to do about it Or you can just write stuff in it The great thing about a lined journal is you can make it into anything you want A day timer travel journal diary notebook for school etc If you need to write something down a journal is the tool you need If you want to use it for more than just a notepad then keep reading Benefits Of Keeping A Journal Almost every successful person seems to have kept a journal in one form or another Success in this case is not defined by money but overall happiness Whether or not they called it journaling doesn't matter as they kept a record of their goals success failures feelings and their daily life Your journal contains the answers to your most burning questions It is literally the best self help book you could ever read because it is all about you Just some of the benefits of journaling are Allows you to reflect on your life and the changes you are choosing to make or not make Clarifies your thinking and as Tony Robbins says Clarity is Power Houses all your million dollar ideas that normally get lost in all the noise of life Exposes repeated patterns of behaviors that get you the results you DON'T want Acts as a bucket for you to brain dump in a cluttered mind leads to a disorganized life Revisits daily situations giving you a chance to look at it with a different perspective Doesn't crash and lose everything you put into it like electronics just like electronics though don't get it wet You may want to keep multiple journals One that contains your truest and most secret feelings that you guard heavily but need a way to express Another that contains all those fantastic ideas dreams and awesome goals Maybe just something you doodle in No matter how you use it getting into the daily habit of journaling has the potential to improve the quality of your life How To Use A journal Let's look past the simple fact you know how to physically write in a journal and dig into how to actually use your journal It might contain all the secrets to life's biggest problems but unless you know how to uncover those secrets they stay hidden away in your words Let the words flow from the heart and be filled with emotions no holdbacks Make a daily journaling schedule Each and every day take the time to record your thoughts morning and night If you love to type notes into your phone all day transfer them to your journal after Sit in a quiet spot and allow yourself to be judgement free Your journal is not a reason to turn yourself into an emotional punching bag Start small You do not need to write a specific number of words Just the right amount of honest words that let you feel a sense of being free from negativity and energized with possibility If you write in your journal like someone is going to read it you will ever allow yourself to fully express what needs to be expressed Write like no one will ever read it because it is likely no one ever will unless you want them to Write how you loved something were mad at someone wished something was different or anything you need to Just do it Start today writing in your journal You could even put Today I bought this awesome journal and will recommend all my friends do the same Wink Wink Scroll up and hit the add to cart button now

**Autism: Hot Pink and Zebra-Striped** Simone Brenneman, 2013-02-22 Please note this book was originally published as *Effervescence A True Life Tale of Autism and of Courage* Please visit Simones website to view more information as well as TV and radio appearances [autismembrace.com](http://autismembrace.com) or [effervescentclarity.com](http://effervescentclarity.com) An excerpt from *Autism Hot Pink and Zebra Striped* Imagine a beautiful little girl with long curly wild red hair spinning in circles completely delighted by all that she feels She wears a long blue dress a replica of the one Cinderella wore to the ball As you watch her you get the sense that she isnt dreaming of Cinderella in her heart and in her body she is Cinderella Now picture the same little girl lying on her tummy spinning on a merry go round dipping her beautiful long red hair in the puddle of mud that encircles the merry go round When it comes to a stop she savors the wonderful sensation of the cold mud running down her face She then submerges her entire body in the puddle as happy as can be and entirely oblivious to the stares of the people around her Now picture that same little girl in her comfortable home surrounded by a family who love and adore her Her mom asks a simple question like Sweetie what kind of cereal would you like Instantly her beautiful face is filled with intense emotion and she screams more like a wild animal than a child for five minutes or it may continue for two hours The only thing that might interrupt the screaming is her stopping occasionally to frantically bite her wrist hard enough to leave teeth marks Would it surprise you to learn that I have just described a high functioning autistic child Now take a peek at the same child at age twelve entering her classroom each day Her teacher marvels to herself as she watches this young girl navigate skillfully smoothly and seemingly naturally throughout the classroom Had the teacher not known her students history of autism she likely would never have guessed In her own words the only time this teacher is aware of the childs autism is when she reads the amazing stories and illustrations created by this extraordinary girl She would then muse to herself There is no way a typical grade seven student could write and draw like this Do you get the feeling that an amazing transformation has taken place Is the child no longer autistic Has she grown out of it Has she learned through behavior management to manage it Was she just a little bit autistic and now shes better There is no simple answer autism is far too complex and diverse a disorder for it to be addressed so simply But it is a fascinating disorder and this childs life has been an incredible journey Her name is Genevieve

**My Daily Journal** My Daily Journal, 2015-12-09 Are you harnessing the power of a journal If you are going through life right now feeling like everything is out of control or that things are not happening the way you planned you need a journal I don t mean to be too direct but it is time for you to discover why you feel the way you do and then figure out what to do about it Or you can just write stuff in it The great thing about a lined journal is you can make it into anything you want A day timer travel journal diary notebook for school etc If you need to write something down a journal is the tool you need If you want to use it for more than just a notepad then keep reading *Benefits Of Keeping A Journal* Almost every successful person seems to have kept a journal in one form or another Success in this case is not defined by money but overall happiness Whether or not they called it journaling doesn t matter as they kept a record of their goals success failures feelings and their daily life Your

journal contains the answers to your most burning questions It is literally the best self help book you could ever read because it is all about you Just some of the benefits of journaling are Allows you to reflect on your life and the changes you are choosing to make or not make Clarifies your thinking and as Tony Robbins says Clarity is Power Houses all your million dollar ideas that normally get lost in all the noise of life Exposes repeated patterns of behaviors that get you the results you DON T want Acts as a bucket for you to brain dump in a cluttered mind leads to a disorganized life Revisits daily situations giving you a chance to look at it with a different perspective Doesn t crash and lose everything you put into it like electronics just like electronics though don t get it wet You may want to keep multiple journals One that contains your truest and most secret feelings that you guard heavily but need a way to express Another that contains all those fantastic ideas dreams and awesome goals Maybe just something you doodle in No matter how you use it getting into the daily habit of journaling has the potential to improve the quality of your life How To Use A journal Let s look past the simple fact you know how to physically write in a journal and dig into how to actually use your journal It might contain all the secrets to life s biggest problems but unless you know how to uncover those secrets they stay hidden away in your words Let the words flow from the heart and be filled with emotions no holdbacks Make a daily journaling schedule Each and every day take the time to record your thoughts morning and night If you love to type notes into your phone all day transfer them to your journal after Sit in a quiet spot and allow yourself to be judgement free Your journal is not a reason to turn yourself into an emotional punching bag Start small You do not need to write a specific number of words Just the right amount of honest words that let you feel a sense of being free from negativity and energized with possibility If you write in your journal like someone is going to read it you will ever allow yourself to fully express what needs to be expressed Write like no one will ever read it because it is likely no one ever will unless you want them to Write how you loved something were mad at someone wished something was different or anything you need to Just do it Start today writing in your journal You could even put Today I bought this awesome journal and will recommend all my friends do the same Wink Wink Scroll up and hit the add to cart button now

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