

My Daily Journal:

Date:

What did we do today?

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?

What is one thing I did well today?

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

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

meaningful
mama

My Daily Journal Tunnel Vector

Melodie Winawer



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My Daily Journal CREATESPACE INDEPENDENT PUB, My Daily Journal, 2015-11-29 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

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CREG Journal Archive: 15 to 25 Mike Bedford (editor), David Gibson (technical editor), 2012 **Journal of Narrative Theory** ,2000 Cultural studies critical theory poststructuralism feminist theory new historicism **Latin American Indian Literatures Journal** ,1991 **Scientific American** ,1870 Monthly magazine devoted to topics of general scientific interest

The Journal of the Helicopter Association of Great Britain ,1950 **Journal** Helicopter Association of Great Britain, 1951

The Ohio State Medical Journal ,1943 **Public Health and Infectious Diseases** Jeffrey Griffiths, James H.

Maguire, Kristian Heggenhougen, Stella R. Quah, 2010-03-09 Emerging infectious diseases may be defined as diseases being caused by pathogens only recently recognized to exist This group of diseases is important globally and the experience of the last 30 years suggests that new emerging diseases are likely to bedevil us As the global climate changes so changes the environment which can support not only the pathogens but also their vectors of transmission This expands the exposure and effects of infectious disease and therefore the importance of widespread understanding of the relationship between public health and infectious disease Public Health and Infectious Diseases brings together chapters that explain reasons for the emergence of these infectious diseases These include the ecological context of human interactions with other humans with animals that may host human pathogens and with a changing agricultural and industrial environment increasing resistance to antimicrobials the ubiquity of global travel and international commerce Features the latest discoveries related to influenza with a newly published article by Davidson Hamer and Jean van Seventer Provides a listing of rare diseases that have become resurgent or spread their geographic distribution and are re emergent Highlights dengue and malaria as well as agents such as West Nile and other arboviruses that have spread to new continents causing widespread concerns Includes discussions of climate influencing the spread of infectious disease and political and societal aspects University of Colorado Journal of

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