



DIG Journal

INSTRUCTIONS

Before you begin using the Daily Intention & Gratitude (DIG) Journal, ask yourself:

- What am I hoping to get out of this?
- What's my why for starting a journal?
- Why is gratitude coming up for me?
- How will living in gratitude improve my everyday existence?
- How does intention play into my every day life?
- How do I define intention?
- How does intention influence what I do?

If you don't have answers to all of these questions, don't worry. The answers will reveal themselves as you work through this process.

DAILY ACTIVITY

1. Each day, you are going to write a letter to that day.

Example salutation: Dear Monday,

2. You are going to talk about the day before.

Example: Yesterday I had a great day. The kids made it to school on time, and I made it to work on time. My presentation was postponed until next week. I was hoping to get it over with, but this will give me a chance to review it one more time. It was a whirlwind of activity later in the day, as usual. Suzie had soccer practice and Michael had a guitar lesson. Thankfully, Jeremy was able to help shuttle them around. I am grateful that Jeremy is willing and able to help out with the kids.

3. And, you are going to share what the current day has in store.

Example: Today looks a little less hectic than yesterday. I am meeting Samone for lunch. Suzie has soccer practice, but Michael does not have an after school activity. Jeremy offered to pick up dinner from Golden Bowl, so I don't have to worry about that. The one thing I really hope to accomplish today is to talk to my team about implementing a new project process.

Prompts are provided for each day to help you get started. They are also meant to ease you into the process of going deeper and exploring your feelings.

